

nielsen

IMPACT OF COVID-19

Topline results – Wave 2

July 2020

KEY RESULTS

- Drinking habits are returning to pre-lockdown levels for most New Zealanders with two-thirds (64%) drinking at their usual (pre-lockdown) levels. This means those who were drinking more during lockdown have decreased their drinking, but also those who were drinking less during lockdown have now increased their drinking.
- Among those who drank in the last week, fewer are drinking every day (11% post-lockdown, compared with 19% during lockdown level 4).
- The proportion of respondents who have experienced harm from their own or another person's drinking has not changed since coming out of lockdown.
- Smoking habits have not yet returned to pre-lockdown levels. Almost a quarter of all smokers (23%) have continued to smoke more than usual, with a third of Māori smokers (33%) smoking more than usual.
- However, non-daily smokers have continued to decrease the amount they are smoking, with 41% smoking less than they did pre-lockdown.
- Gambling levels are reported to be less than pre-lockdown across all gambling types, including online gambling.
- The proportion of people experiencing moderate to severe symptoms of depression or anxiety has remained the same since coming out of lockdown (16%), but the severity of symptoms has decreased.
- Young people, and those who have experienced a change in personal income due to COVID-19, are most likely to be experiencing moderate to severe symptoms of depression and anxiety.
- A higher proportion of Māori report that they are struggling to cope with everyday stresses (17% compared with 9% among non-Māori non-Pasifika).

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ABOUT THIS REPORT

This report contains topline survey results for Te Hiringa Hauora/Health Promotion Agency 'Impact of COVID-19' Survey – Wave 2.

Results are based on a sample of n=925 (unless otherwise stated). This sample contains an over-representation of Māori and Pasifika respondents.

Results have been adjusted at the analysis stage by weighting, so that the weighted sample is representative of the New Zealand population aged 18 and over by region, gender and age. The Māori and Pasifika sub-groups have also been weighted to be representative of their respective populations by gender and age, and within the total sample.

Please note that, due to rounding, some percentages may not add up to 100%.

When reporting on **standard drink** consumption, these results are derived from respondents' answers to the consumption diary and have been calibrated into standard drinks.

For this survey, the PHQ-4 (a four-question screening tool for anxiety and depression) is used as an indicator of mental wellbeing.

In some instances, results have been compared to the Alcohol Use in New Zealand (AUiNZ) survey results as an estimate of pre-lockdown drinking levels. Fieldwork for this study was conducted 2 August – 22 September 2019 (Q1), 1 November 2019 – 6 January 2020 (Q2) and 31 January – 22 March 2020 (Q3). The data are weighted to be representative of the New Zealand population aged 18+.

ABOUT THIS REPORT

Method

The survey was conducted online, with sample primarily sourced from external Nielsen panel partners, but supplemented by a lead-generation database to boost numbers of Māori and Pasifika respondents.

Fieldwork for Wave 2 was carried out between 10 - 19 June 2020, which corresponded with Alert Level 1 days 2 – 11.

Wave 1 fieldwork was 7 - 13 April 2020 (Alert Level 4 lockdown days 13 – 19).

Margin of Error

n=925 New Zealanders aged 18+ responded, giving a maximum margin of error of $\pm 3.2\%$ at the 95% confidence interval.

Limitations

As an online survey, it excludes those without internet access. Online surveys can also under-represent harder-to-reach groups in the population, such as some older people and those in low socio-economic groups.

Ethnicity

Ethnicity is a multi-answer question and results are presented based on total ethnicity. Throughout this report where Māori and Pasifika results are shown, there is potential for slight overlap between these two groups. Non-Māori/non-Pasifika is used as the comparator group for ethnic analyses to ensure inequities in risk behaviours and health outcomes are appropriately identified.

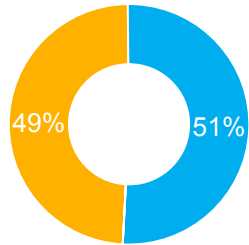
Significance Testing

Differences between Wave 1 and 2 results are only reported on when the difference between the results is significant at the 95% confidence level. If the question is new in Wave 2, then significant differences between the sub-groups and the total are shown (or Māori/Pasifika compared to non-Māori/non-Pasifika).

SAMPLE PROFILE

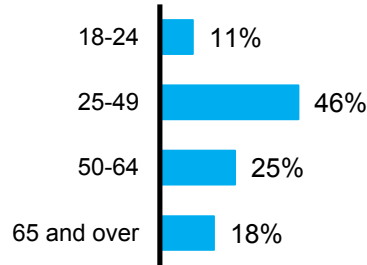
WEIGHTED SAMPLE PROFILE

GENDER

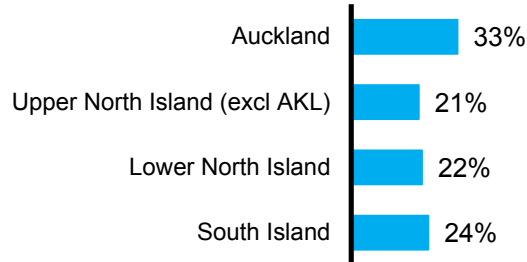


Male Female Gender Diverse

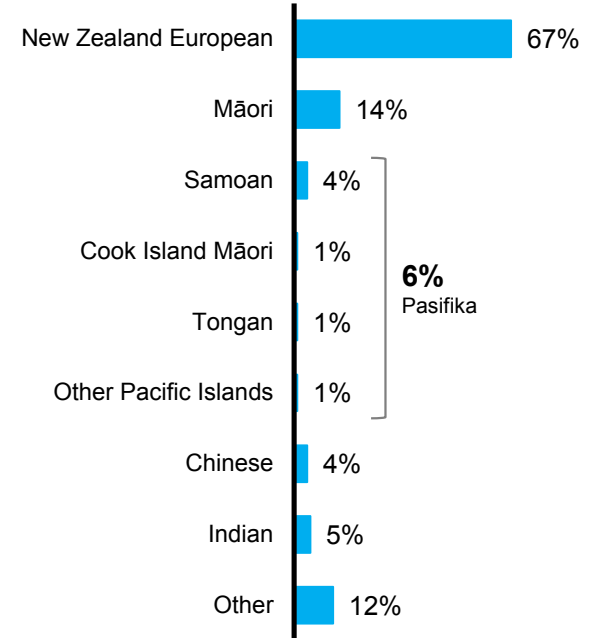
AGE



REGION



ETHNICITY



Base: All respondents (n=925)

Q31. Are you... Q101. In which of the following age groups do you belong? Q103. Which of the following regions do you currently live in? Q104. Which ethnic group, or groups, do you belong to?

SECTION 1: ALCOHOL

DRINKING HABITS ARE RETURNING TO PRE-LOCKDOWN LEVELS FOR MOST

Of those respondents who have **drunk in the last 4 weeks**:

- Approximately two-thirds (64%) say they are drinking at their usual levels since coming out of lockdown, compared to 47% during lockdown.
- 22% report drinking **less than usual**, down from 34% during lockdown, while 14% report drinking **more than usual** (down from 19% during lockdown).
- A higher proportion of Māori (32%) and Pasifika (44%) respondents continue to drink less than usual compared with pre-lockdown.
- The proportion of Māori respondents who are drinking more than usual has not changed since coming out of lockdown (22%).
- All age-groups are seeing drinking habits return to pre-lockdown levels. However, young people aged 18-24 years are the least likely to say they are drinking at the same levels as they did pre-lockdown, with 26% drinking less and 23% drinking more than pre-lockdown.
- The majority of those who are drinking more say it is to help them relax or switch off, or because they have been feeling stressed and anxious.

DRINKING HABITS ARE RETURNING TO PRE-LOCKDOWN LEVELS FOR MOST

Of those respondents who have **drunk in the last week**:

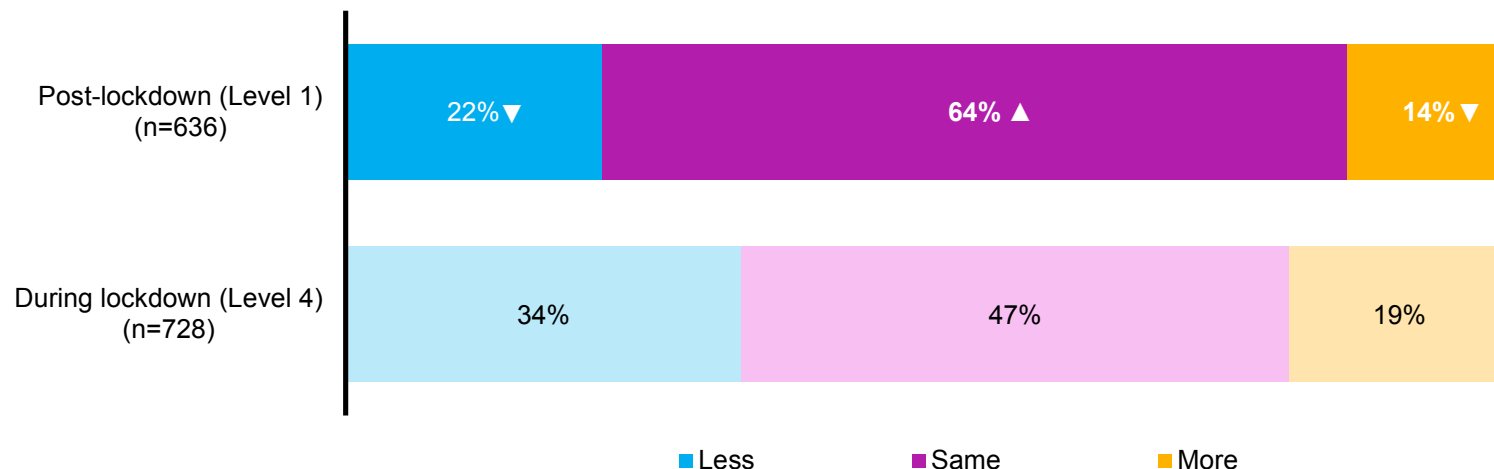
- 11% have had a drink every day, down from 19% during lockdown.
- Drinking every day has fallen, particularly among the 50-64 year age group (9%, down from 23%).
- On average, each last week drinker consumed 13.5 standard drinks¹ over the week.
- Those who reported drinking more than usual consumed an average of 21.0 standard drinks in a week, while those who reported drinking less than usual consumed an average of 13.7 (which is still greater than the overall average of 13.5, indicating they may normally be heavier drinkers).
- Post-lockdown, average weekly consumption is lowest in 18-24 year old drinkers (10.9 standard drinks a week on average) and highest among 25-49 year old drinkers (14.9 standard drinks a week on average).
- The proportion of respondents who have experienced harm from their own or another person's drinking has not changed since coming out of lockdown.
- Fewer respondents are buying alcohol online (8%) compared to 14% during lockdown. Respondents are also drinking virtually with others (e.g. via skype or houseparty) less frequently.

1. A standard drink contains 10g of alcohol which is approximately the volume of alcohol in a 100ml glass of wine (12.5% ABV), or a single 30ml shot of spirits (42% ABV).

TWO-THIRDS OF THOSE WHO HAVE DRUNK IN THE LAST 4 WEEKS HAVE RETURNED TO THEIR PRE-LOCKDOWN DRINKING HABITS

However, 14% continue to drink more than they were pre-lockdown.

Of those who reported drinking in the last four weeks:



▲ ▼ significantly different to Level 4 results

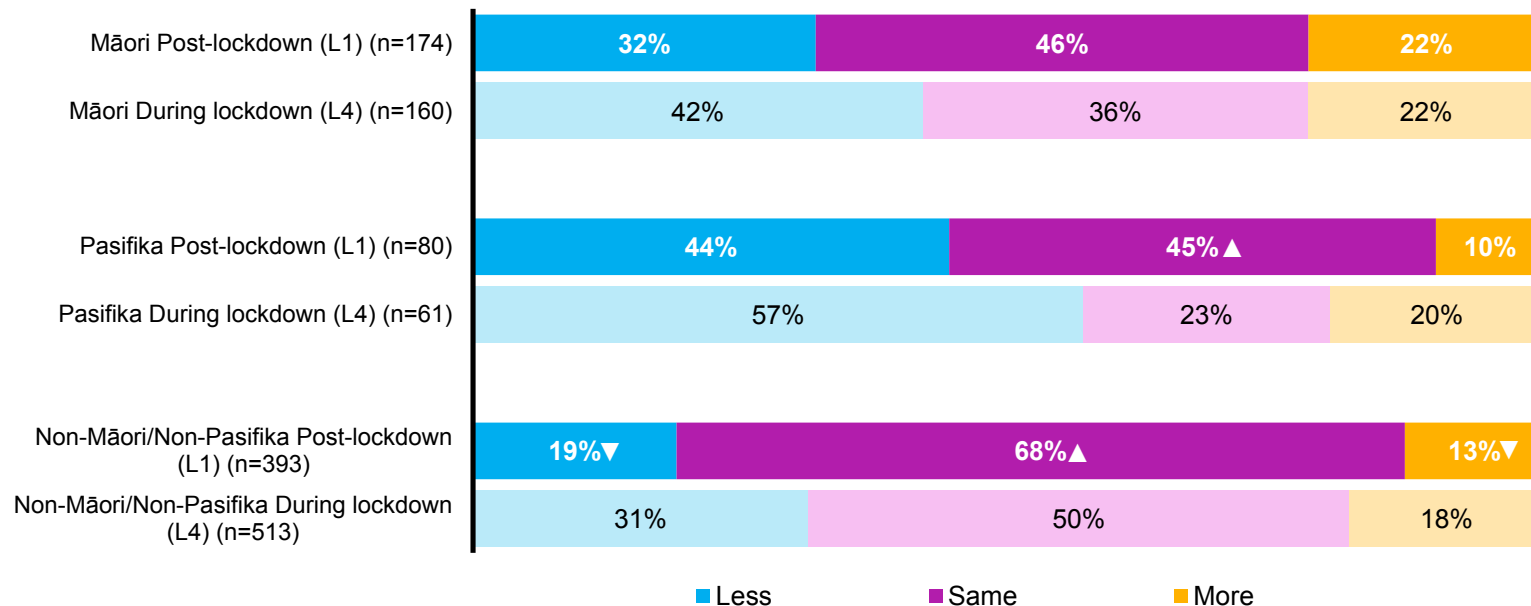
Base: Those who have had a drink in the last 4 weeks

Q3. Level 1: Thinking back to how often and how much you usually drank before New Zealand went into Level 4 lockdown (25 March), in the last two weeks, have you been drinking...

Level 4: Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

A HIGHER PROPORTION OF MĀORI AND PASIFIKA RESPONDENTS CONTINUE TO DRINK LESS THAN PRE-LOCKDOWN. HOWEVER, 22% OF MĀORI HAVE CONTINUED TO DRINK MORE THAN PRE-LOCKDOWN

Of those who reported drinking in the last four weeks:



▲ ▼ significantly different to Level 4 results

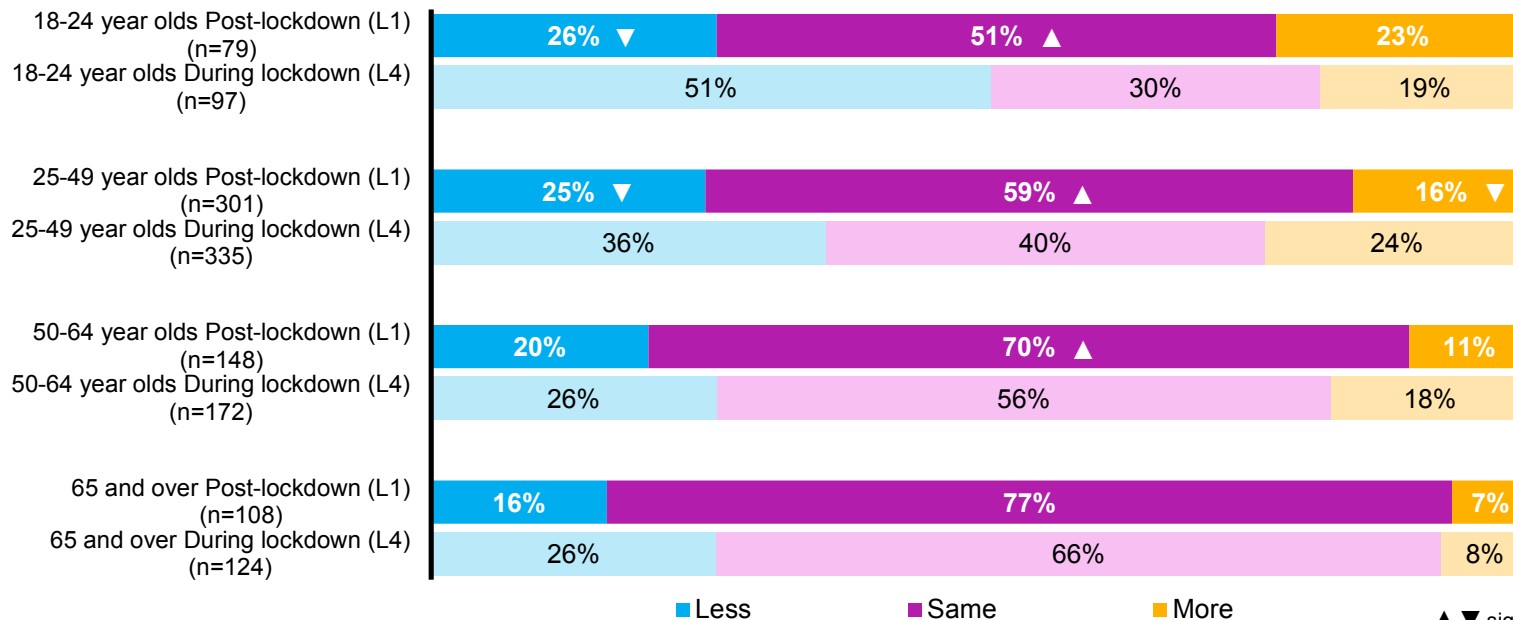
Base: Those who have had a drink in the last 4 weeks

Q3. Level 1: Thinking back to how often and how much you usually drank before New Zealand went into Level 4 lockdown (25 March), in the last two weeks, have you been drinking...

Level 4: Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

BY AGE GROUP, ALMOST A QUARTER OF 18-24 YEAR OLDS ARE STILL DRINKING MORE THAN PRE-LOCKDOWN, WHILE THE PROPORTION DRINKING LESS HAS HALVED

Of those who reported drinking in the last four weeks:



Base: Those who have had a drink in the last 4 weeks

Q3. Level 1: Thinking back to how often and how much you usually drank before New Zealand went into Level 4 lockdown (25 March), in the last two weeks, have you been drinking...

Level 4: Thinking about how often and how much you have been drinking alcohol since the time we have been in Level 4 lockdown, have you...

▲ ▼ significantly different to sub-groups' Level 4 results

REASONS GIVEN FOR DRINKING LESS

Among those who have had a drink in the last 4 weeks and say they are drinking less than before lockdown



Base: Those who have been drinking less

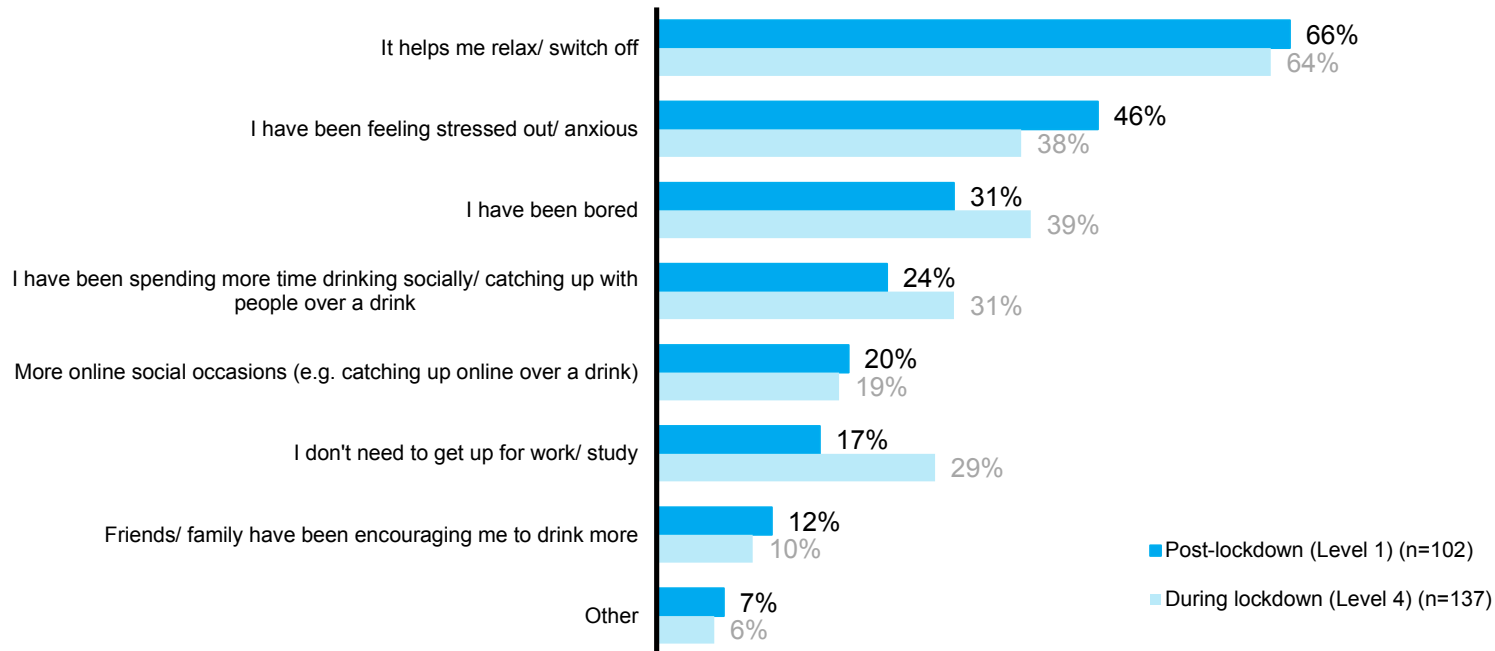
Q4. Level 1: Please select all the reasons why you have been drinking less in the past two weeks **than you usually did before lockdown**.

Level 4: Please select all the reasons why you have been drinking less since the Level 4 lockdown.

▲ ▼ significantly different to Level 4 results

REASONS GIVEN FOR DRINKING MORE

Among those who have had a drink in the last 4 weeks and say they are drinking more than before lockdown



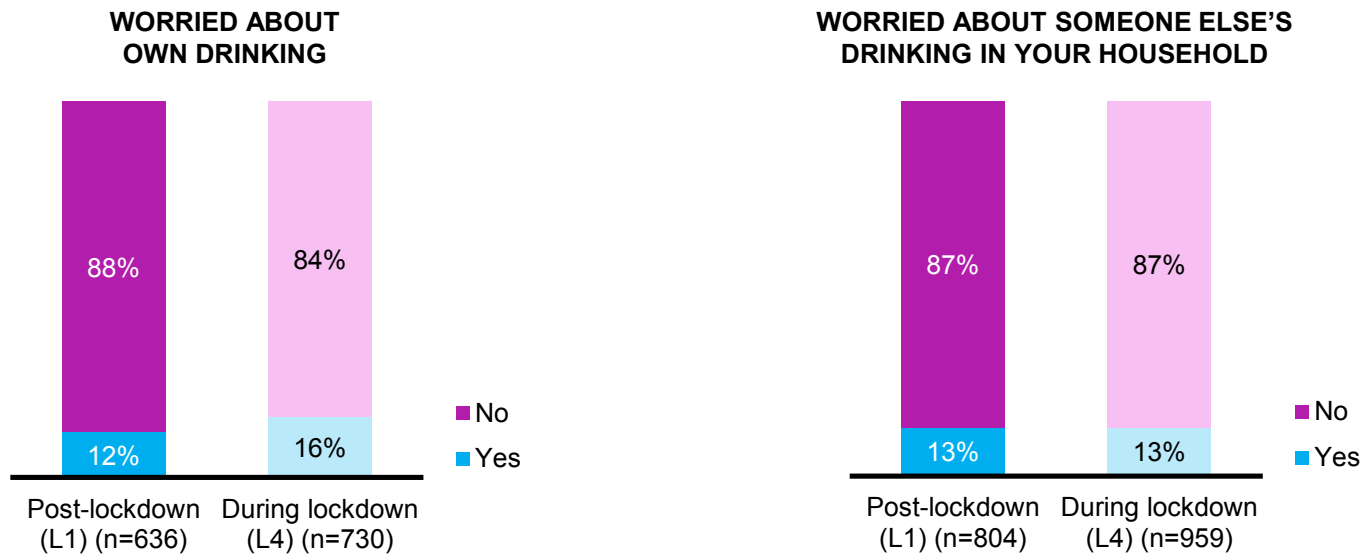
Base: Those who have been drinking more

Q5. Level 1: Please select all the reasons why you have been drinking more in the last two weeks **than you usually did before lockdown.**

Level 4: Please select all the reasons why you have been drinking more since the Level 4 lockdown.

▲ ▼ significantly different to Level 4 results

LEVELS OF CONCERN ABOUT DRINKING ARE SIMILAR TO DURING LOCKDOWN, WITH ONE IN EIGHT DRINKERS WORRIED ABOUT THEIR DRINKING



▲ ▼ significantly different to Level 4 results

Base: Those who have had a drink in the last 4 weeks

Q6. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

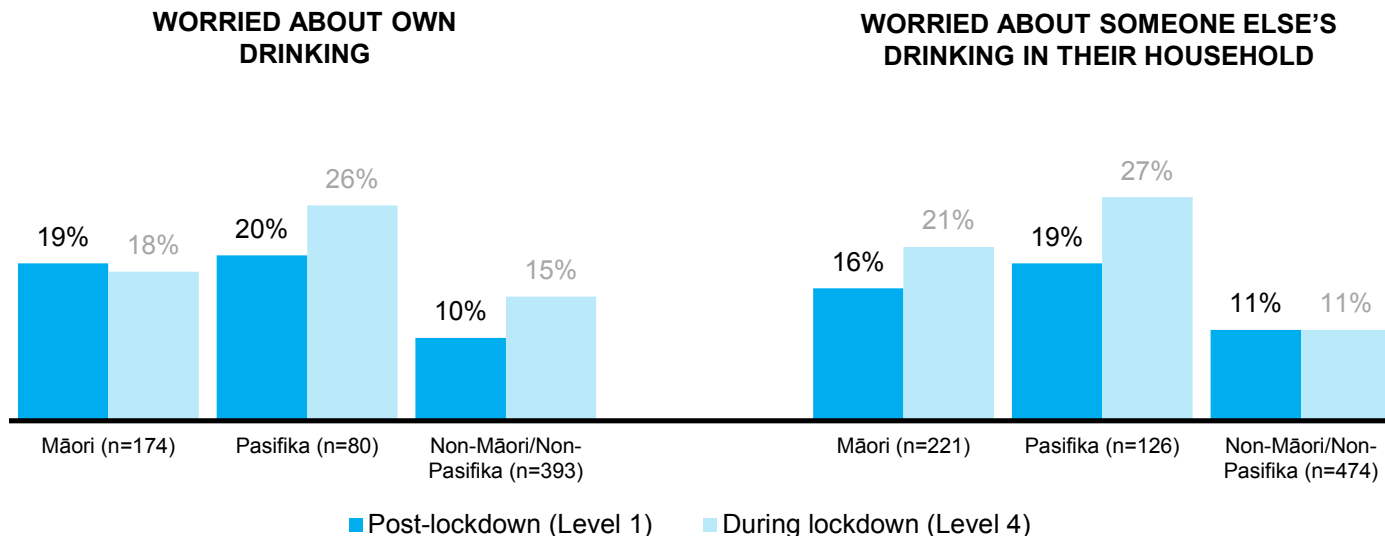
Level 4: Since Level 4 lockdown, have you started to worry at all about...

Base: All respondents (Excluding Not applicable - no one in my household drinks)

Q6. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since Level 4 lockdown, have you started to worry at all about...

LEVELS OF CONCERN ABOUT DRINKING ARE HIGHEST AMONG MĀORI AND PASIFIKA



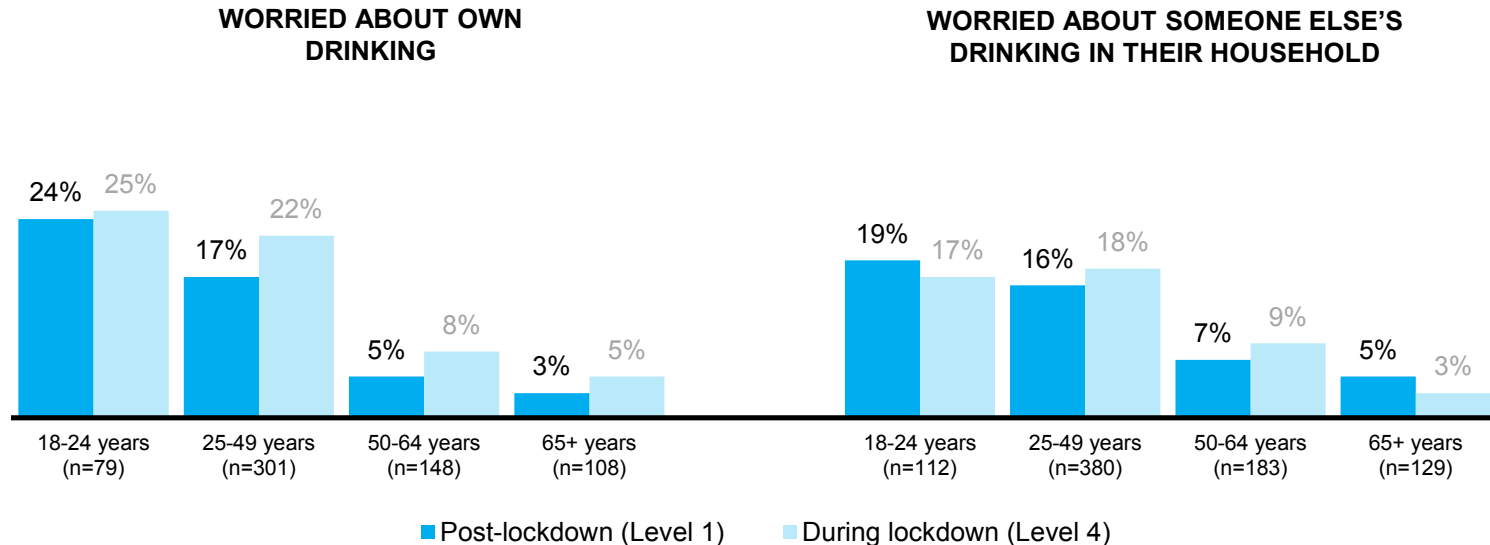
Base: Those who have had a drink in the last 4 weeks and All respondents (Excluding Not applicable - no one in my household drinks)

Q6. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since Level 4 lockdown, have you started to worry at all about...

▲ ▼ significantly different to sub-groups' Level 4 results 17

LEVELS OF CONCERN ABOUT DRINKING ARE HIGHEST AMONG YOUNGER AGE GROUPS



Base: Those who have had a drink in the last 4 weeks and All respondents (Excluding Not applicable - no one in my household drinks)

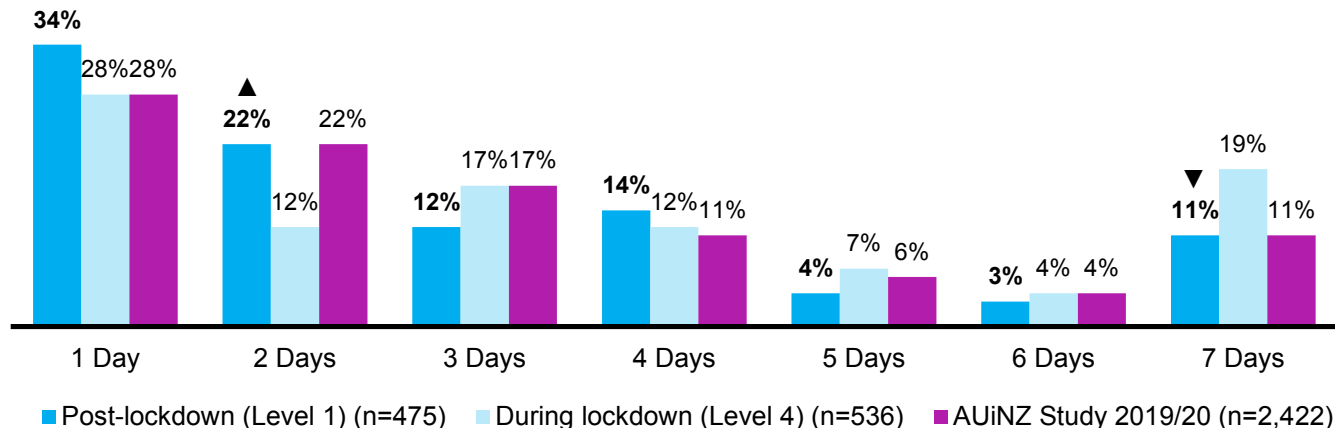
Q6. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since Level 4 lockdown, have you started to worry at all about...

▲ ▼ significantly different to sub-groups' Level 4 results 18

THE PROPORTION DRINKING EVERY DAY HAS DECREASED SINCE COMING OUT OF LOCKDOWN AND IS NOW BACK TO PRE-LOCKDOWN LEVELS (11%)

Among those who have had a drink in the last 7 days:



Base: Those who have had a drink in the last 7 days
 Q16. On which days did you have an alcoholic drink?

The Alcohol Use in New Zealand (AUINZ) results are included to provide an estimate of pre-lockdown drinking levels. The study fieldwork was conducted 2 August – 22 September 2019 (Q1), 1 November 2019 – 6 January 2020 (Q2) and 31 January – 22 March 2020 (Q3). The data is weighted to be representative of the New Zealand population aged 18+

▲ ▼ significantly different to Level 4 results

DAILY DRINKING HAS REDUCED IN ALL ETHNIC GROUPS, BUT REMAINS HIGHEST AMONG NON-MĀORI / NON-PASIFIKA DRINKERS

Among those who have had a drink in the last 7 days:

Number of days	Māori		Non-Māori/ Non-Pasifika	
	Post-lockdown (L1) (n=122)	During lockdown (L4) (n=116)	Post-lockdown (L1) (n=311)	During lockdown (L4) (n=395)
1 Day	50% ▲	34%	31%	27%
2 Days	15%	15%	23% ▲	12%
3 Days	11%	21%	12%	16%
4 Days	14%	7%	14%	13%
5 Days	5%	7%	4%	7%
6 Days	1% ▼	8%	3%	4%
7 Days	4%	9%	12% ▼	21%

Base: Those who have had a drink in the last 7 days
Q16. On which days did you have an alcoholic drink?

▲ ▼ significantly different to
sub-groups' Level 4 results

25-49 YEAR OLDS AND 50-64 YEAR OLDS HAVE SEEN THE GREATEST REDUCTION IN DRINKING DAILY SINCE COMING OUT OF LOCKDOWN

Among those who have had a drink in the last 7 days:

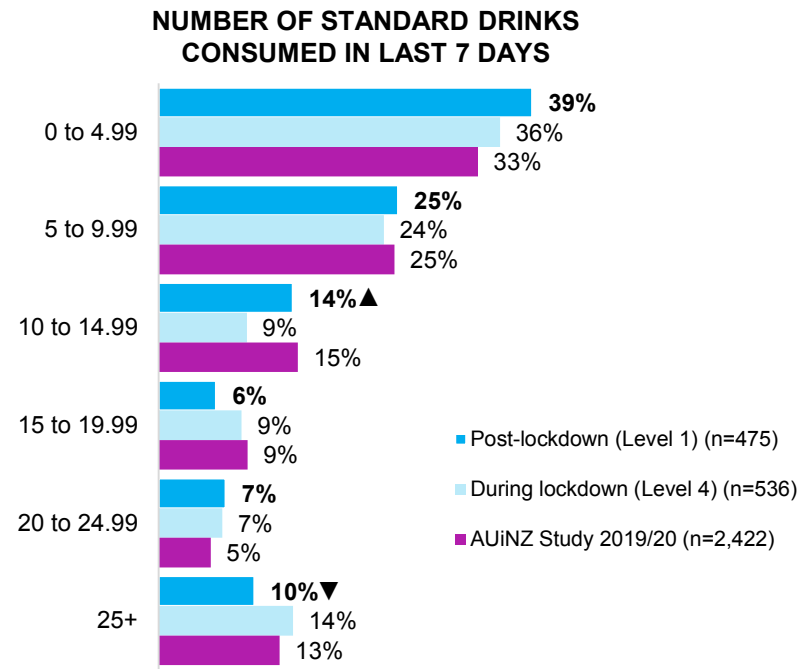
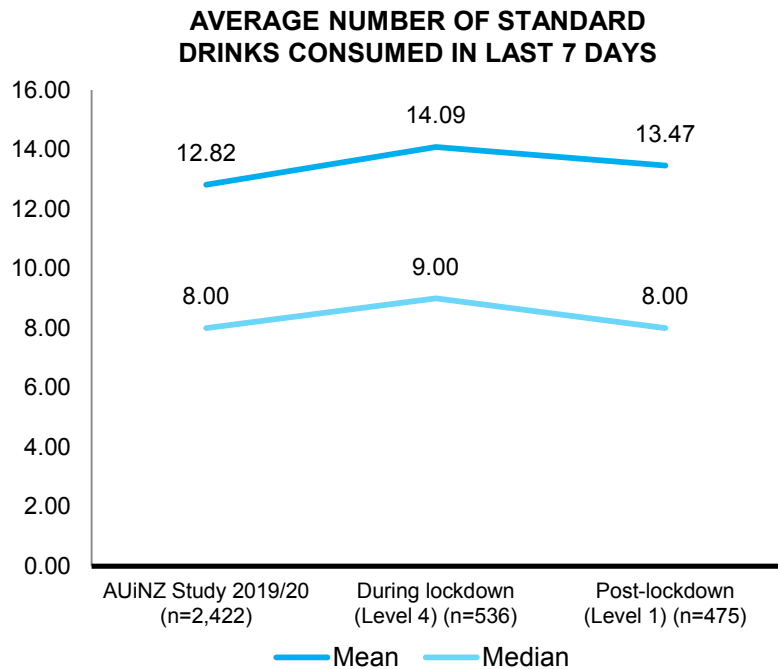
Number of days	18-24	18-24	25-49	25-49	50-64	50-64	65+	65+
	Post-lockdown (L1) (n=49)	During lockdown (L4) (n=55)	Post-lockdown (L1) (n=219)	During lockdown (L4) (n=242)	Post-lockdown (L1) (n=112)	During lockdown (L4) (n=135)	Post-lockdown (L1) (n=95)	During lockdown (L4) (n=104)
1 Day	58%	48%	37%	29%	35%	26%	15%	21%
2 Days	18%	15%	25%▲	12%	20%	17%	18%▲	5%
3 Days	7%	12%	13%▼	23%	9%	8%	17%	16%
4 Days	13%	7%	12%	12%	17%	13%	15%	14%
5 Days	2%	7%	3%	6%	6%	9%	6%	8%
6 Days	0%	8%	3%	5%	4%	4%	2%	3%
7 Days	3%	4%	7%▼	14%	9%▼	23%	26%	33%

Note: some sub-groups have very small sample sizes, these results should be treated with caution

Base: Those who have had a drink in the last 7 days
Q16. On which days did you have an alcoholic drink?

▲ ▼ significantly different to sub-groups' Level 4 results

THE MEAN NUMBER OF STANDARD DRINKS CONSUMED IN THE LAST 7 DAYS WAS SIMILAR DURING AND POST-LOCKDOWN



Base: Those who have had a drink in the last 7 days
 Total number of **standard drinks** in the last week

The Alcohol Use in New Zealand (AUiNZ) results are included to provide an estimate of pre-lockdown drinking levels. The study fieldwork was conducted 2 August – 22 September 2019 (Q1), 1 November 2019 – 6 January 2020 (Q2) and 31 January – 22 March 2020 (Q3). The data is weighted to be representative of the New Zealand population aged 18+

▲ ▼ significantly different to Level 4 results

WEEKLY CONSUMPTION OF STANDARD DRINKS, BY ETHNICITY AND AGE

Among those who have had a drink in the last 7 days:

	Māori Post-lockdown (L1) (n=122)	Māori During lockdown (L4) (n=116)	Non-Māori/ Non-Pasifika Post-lockdown (L1) (n=311)	Non-Māori/ Non-Pasifika During lockdown (L4) (n=395)
Mean	17.08	17.22	12.93	13.34
Median	11	11	8	8

	18-24 Post-lockdown (L1) (n=49)	18-24 During lockdown (L4) (n=55)	25-49 Post-lockdown (L1) (n=219)	25-49 During lockdown (L4) (n=242)	50-64 Post-lockdown (L1) (n=112)	50-64 During lockdown (L4) (n=135)	65+ Post-lockdown (L1) (n=95)	65+ During lockdown (L4) (n=104)
Mean	10.91	14.48	14.9	14.62	11.79	12.97	13.09	14.21
Median	9	7	8	9	7	8	10	10

	Total Post-lockdown (L1) (n=475)	Total During lockdown (L4) (n=536)	Drinking more Post-lockdown (L1) (n=94)	Drinking more During lockdown (L4) (n=130)	Drinking less Post-lockdown (L1) (n=94)	Drinking less During lockdown (L4) (n=132)
Mean	13.47	14.09	21.03	22.01	13.71	9.98
Median	8	9	12	15	8	5

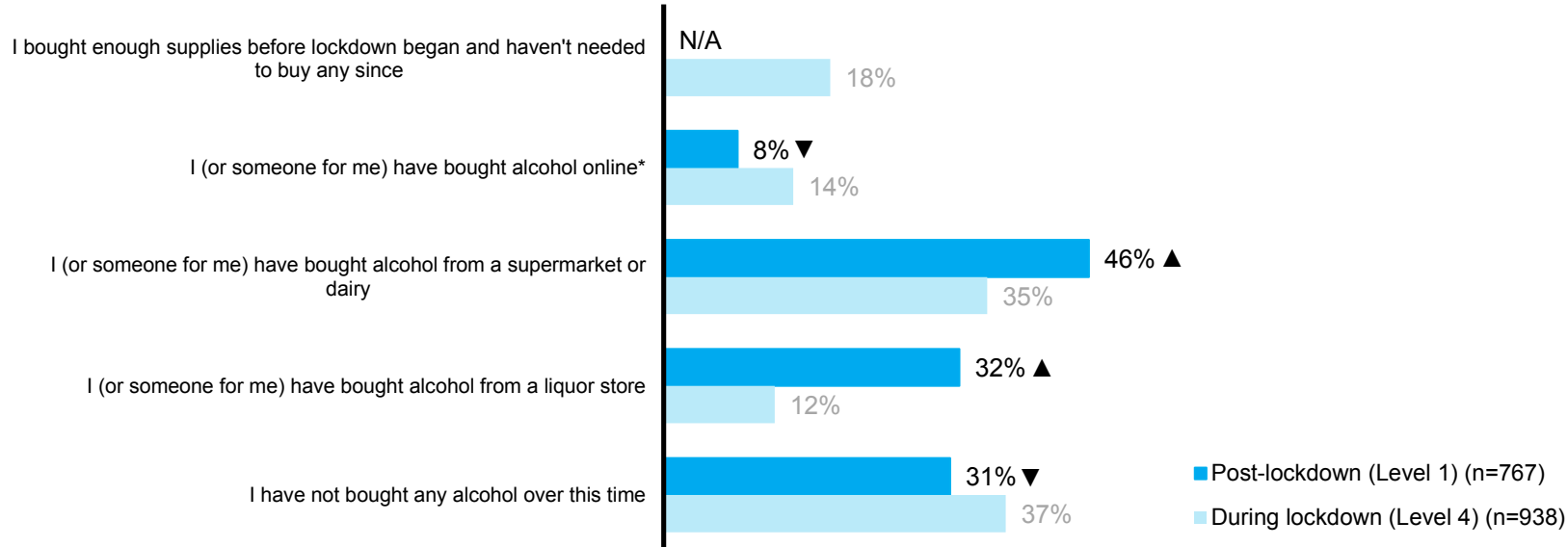
Note: some sub-groups have very small sample sizes, these results should be treated with caution

Base: Those who have had a drink in the last 7 days
Total number of **standard drinks** in the last week

▲ ▼ significantly different to
sub-groups' Level 4 results

SINCE COMING OUT OF LOCKDOWN, ALCOHOL PURCHASING ONLINE HAS DECREASED

Among those who have drunk alcohol in past 12 months



Base: Those who have had a drink in the last 12 months (n=767)

Q20. Level 1: Which, if any, of the following apply to how you have been buying alcohol to take home or somewhere else in the last two weeks?

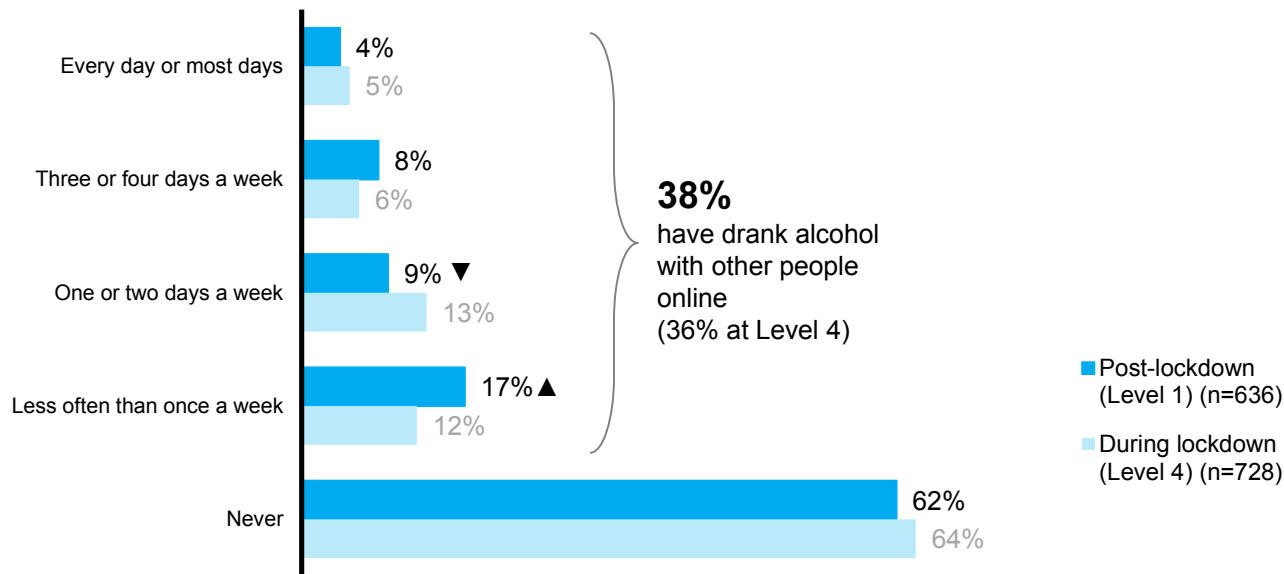
Level 4: Which, if any, of the following apply to how you have been buying alcohol in the lead up to and during Level 4 lockdown?

* Level 4 results are the NET of 'I (or someone for me) have started buying alcohol online' and 'I (or someone for me) have continued buying alcohol online'

▲ ▼ significantly different to Level 4 results

THE PROPORTION OF PEOPLE DRINKING VIRTUALLY WITH OTHERS HAS NOT CHANGED SINCE COMING OUT OF LOCKDOWN; HOWEVER, IT IS MORE INFREQUENT

Among those who have drunk in last four weeks



▲ ▼ significantly different to Level 4 results

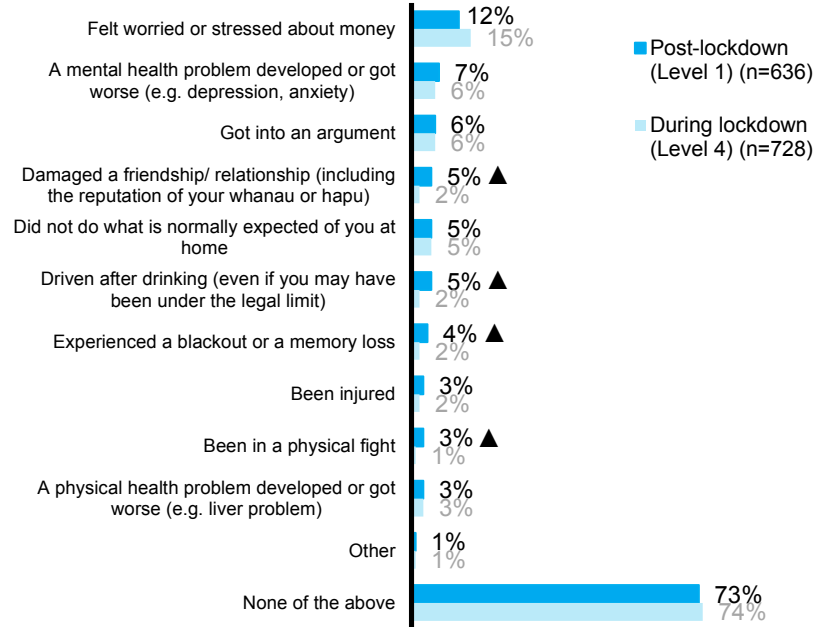
Base: Those who have had a drink in the last 4 weeks (n=636)

Q22. Level 1: In the last two weeks, how often, if at all, have you drunk alcohol with other people online (e.g. virtual Friday work drinks, family or friends' video calls)?

Level 4: Since Level 4 lockdown, how often, if at all, have you drunk alcohol with other people online (e.g. virtual Friday work drinks, family or friends' video calls)?

THE PROPORTION EXPERIENCING HARM BECAUSE OF OWN OR OTHERS' DRINKING HAS NOT CHANGED SINCE COMING OUT OF LOCKDOWN

HARM FROM OWN DRINKING

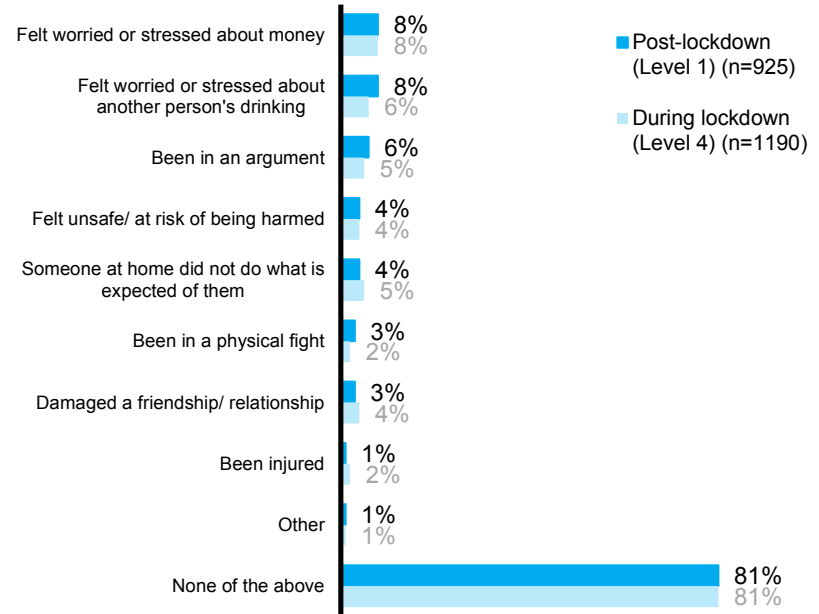


Base: Those who have had a drink in the last 4 weeks (n=636)

Q24. Level 1: Please mark all of the following that you have experienced in the last two weeks, **because of your drinking**

Level 4: Please mark all of the following that you have experienced since Level 4 lockdown, **because of your drinking** while in lockdown?

HARM FROM SOMEONE ELSE'S DRINKING



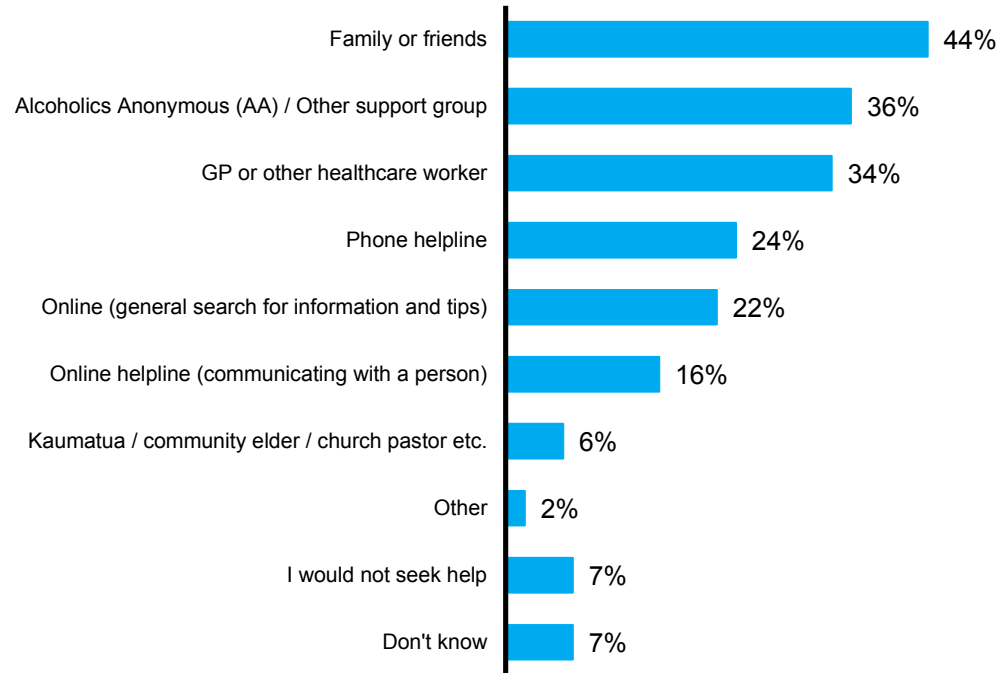
▲ ▼ significantly different to Level 4 results

Base: All respondents (n=925)

Q25. Level 1: Please mark all of the following that you have experienced in the last two weeks **because of another person's drinking**

Level 4: Please mark all of the following that you have experienced since Level 4 lockdown, **because of another person's drinking** while in lockdown?

WHERE RESPONDENTS WOULD SEEK HELP IF CONCERNED ABOUT THEIR OWN OR ANOTHER PERSON'S DRINKING



Base: All respondents (n=925)

Q33. Where would you seek help from if you were concerned about your own or another person's drinking?

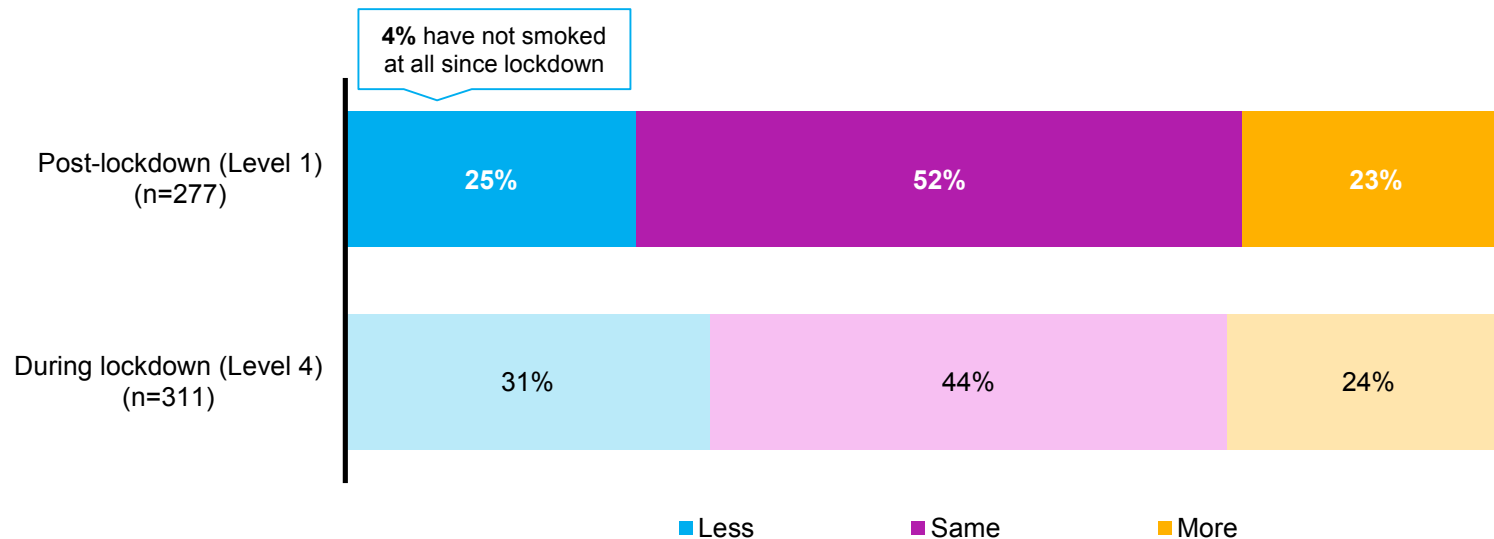
Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

SECTION 2: SMOKING

SMOKING HABITS HAVE NOT YET RETURNED TO PRE-LOCKDOWN LEVELS

- 52% of all smokers are smoking at the same level they did pre-lockdown, but almost a quarter of smokers (23%) continue to report that they are smoking more than usual.
- A higher proportion of daily smokers report smoking more than usual (29%) while a higher proportion of non-daily smokers report smoking less than usual (41%).
- Of particular concern is the 1 in 3 Māori smokers (33%) who report that they are smoking more than pre-lockdown.
- Smokers who are smoking more than usual say that this is due to being anxious or stressed, wanting to switch off, or boredom.
- 30% of the smokers who have reduced their smoking identified lockdown as an opportunity to implement their intention to reduce smoking. Four percent of smokers said that they have not smoked at all since lockdown began.
- 23% of those who are smoking less are concerned that smoking will increase their risk of COVID-19.

NEARLY 1 IN 4 SMOKERS CONTINUE TO SMOKE MORE THAN THEY WERE PRE-LOCKDOWN, WITH A SIMILAR PROPORTION SMOKING LESS



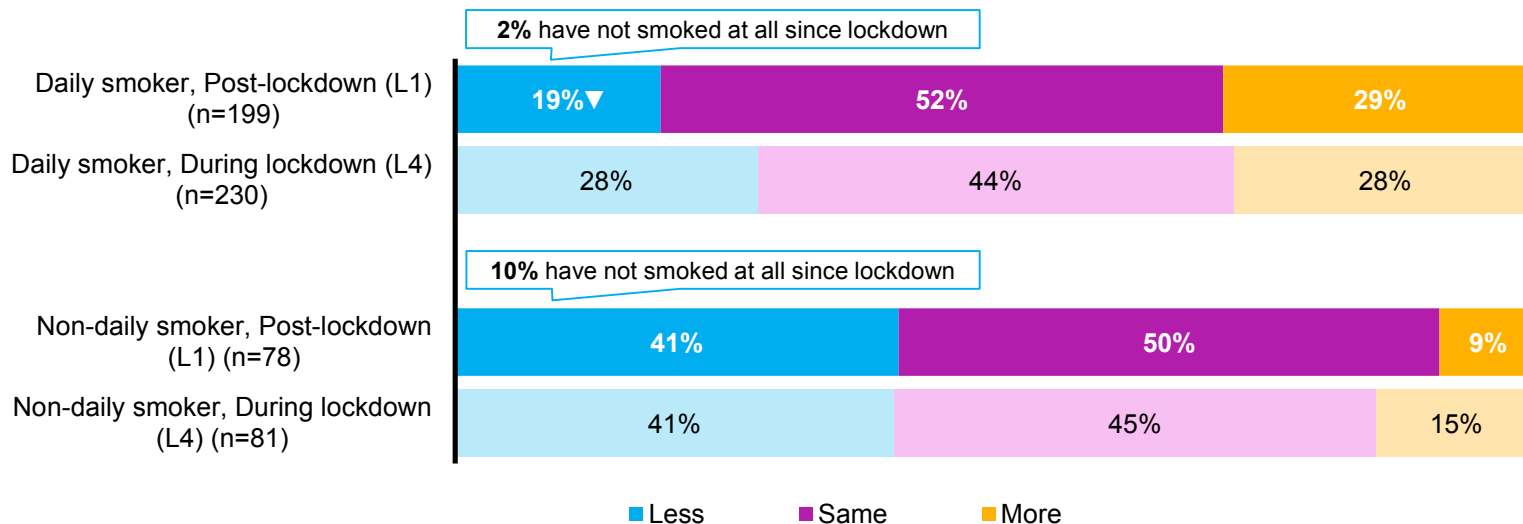
Base: Those who usually smoke (daily or less often) (n=277)

Q8. Level 1: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you been smoking...(compared with pre-lockdown)

Level 4: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

▲ ▼ significantly different to Level 4 results

FOUR IN TEN NON-DAILY SMOKERS HAVE CONTINUED TO SMOKE LESS THAN THEY WERE PRE-LOCKDOWN



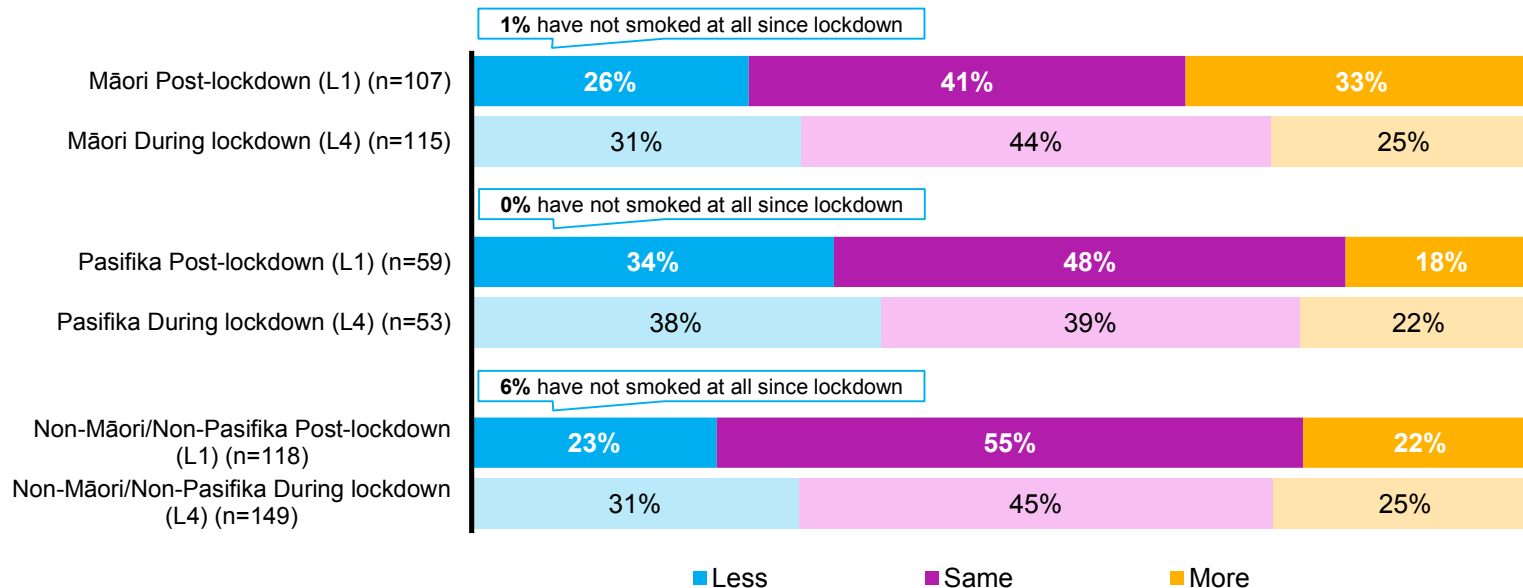
Base: Those who usually smoke (daily or less often) (n=277)

Q8. Level 1: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you been smoking...

Level 4: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

▲ ▼ significantly different to sub-groups' Level 4 results

ONE IN 3 MĀORI SMOKERS ARE SMOKING MORE NOW THAN THEY WERE PRE-LOCKDOWN



Note: some sub-groups have very small sample sizes, these results should be treated with caution

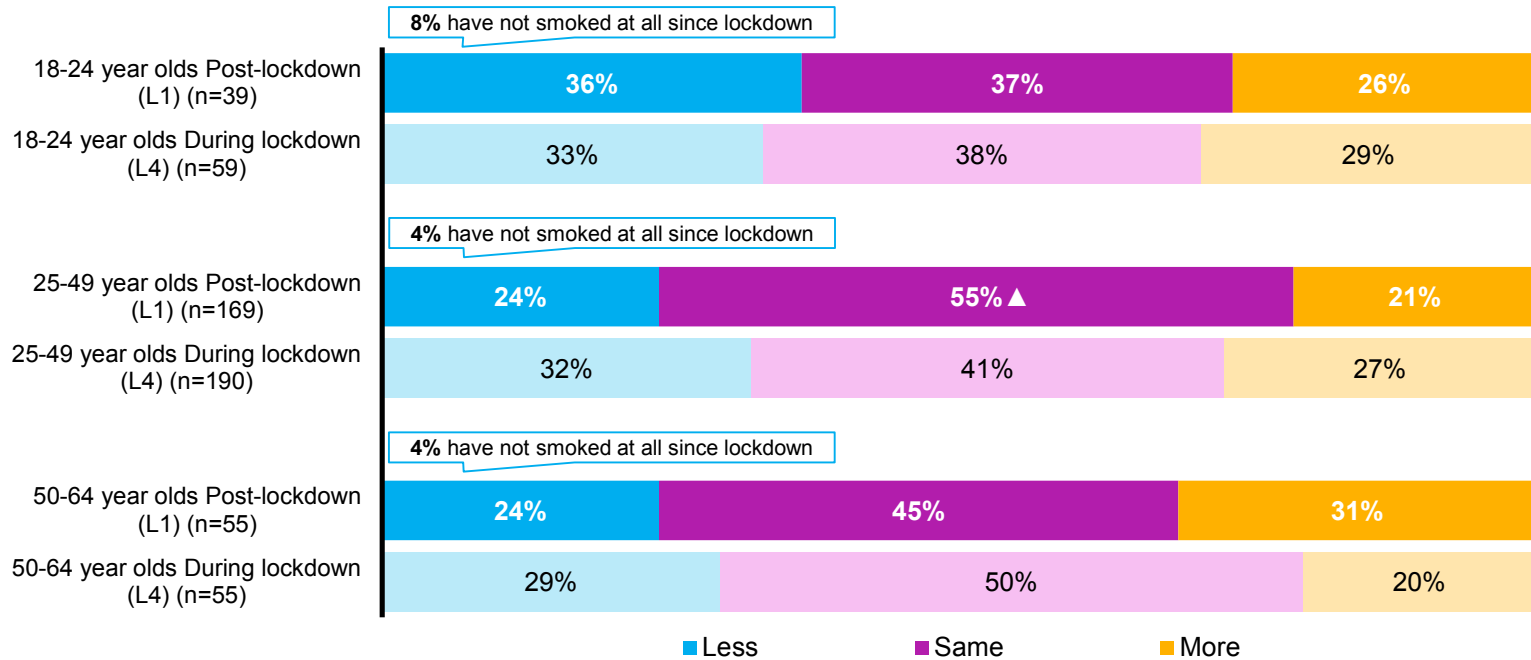
Base: Those who usually smoke (daily or less often) (n=277)

Q8. Level 1: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you been smoking...

Level 4: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

▲ ▼ significantly different to sub-groups' Level 4 results

RESPONDENTS AGED 25-49 YEARS ARE MORE LIKELY TO HAVE RETURNED TO THEIR PRE-LOCKDOWN SMOKING BEHAVIOUR



Note: some sub-groups have very small sample sizes, these results should be treated with caution. Results have not been presented for those aged 65+ due to the small sample size.

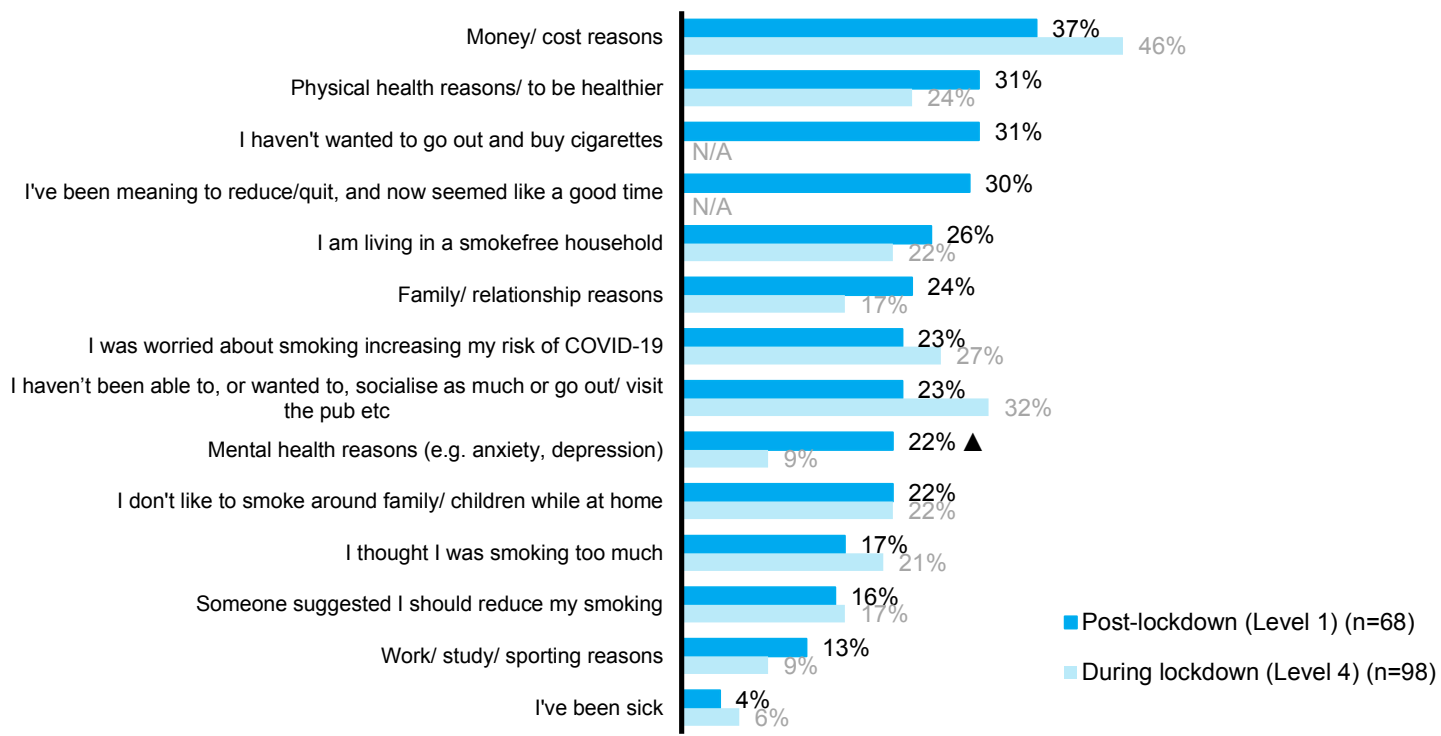
Base: Those who usually smoke (daily or less often) (n=277)

Q8. Level 1: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you been smoking...

Level 4: Thinking about your cigarette smoking since New Zealand went to Level 4 lockdown, have you...

▲ ▼ significantly different to sub-groups' Level 4 results

THE GREATER RISK COVID-19 POSES TO SMOKERS HAS MOTIVATED NEARLY A QUARTER OF THOSE SMOKING LESS



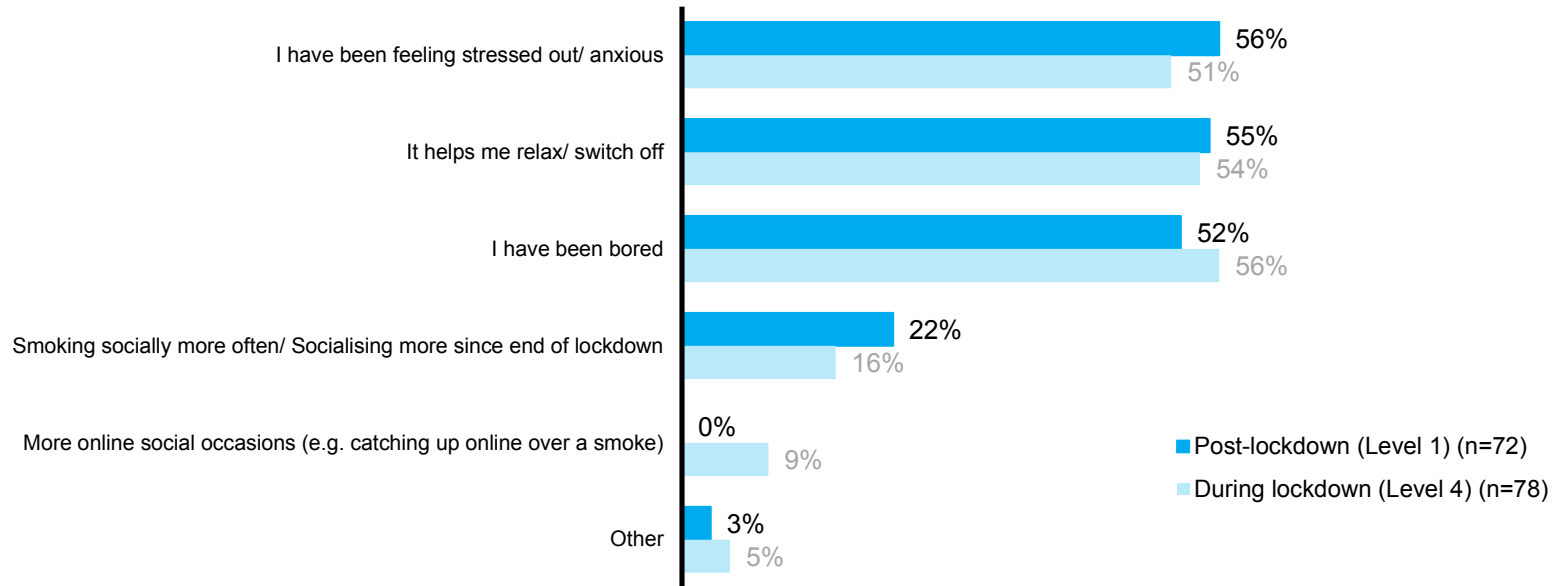
Base: Those who have been smoking less (n=68)

Q9. Level 1: Please select all the reasons why you have been smoking less, or stopped smoking altogether.

Level 4: Please select all the reasons why you have been smoking cigarettes less since the Level 4 lockdown.

▲ ▼ significantly different to Level 4 results

REASONS FOR INCREASED SMOKING ARE SIMILAR TO THOSE REPORTED DURING LOCKDOWN



Base: Those who have been smoking more (n=72)

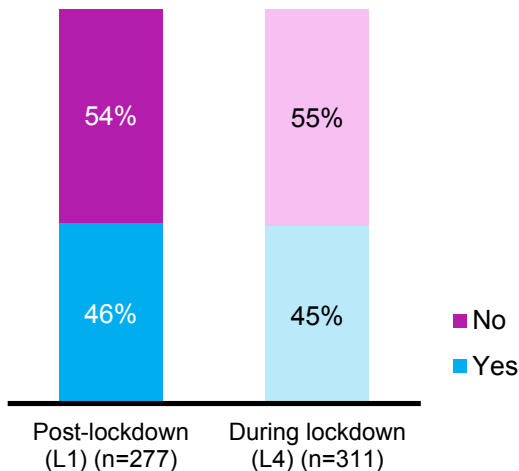
Q10. Level 1: Please select all the reasons why you have been smoking more.

Level 4: Please select all the reasons why you have been smoking cigarettes more since the Level 4 lockdown.

▲ ▼ significantly different to Level 4 results

LEVELS OF CONCERN ABOUT SMOKING REMAIN HIGH, WITH ALMOST HALF OF SMOKERS CONCERNED ABOUT THEIR OWN SMOKING

WORRIED ABOUT OWN CIGARETTE SMOKING

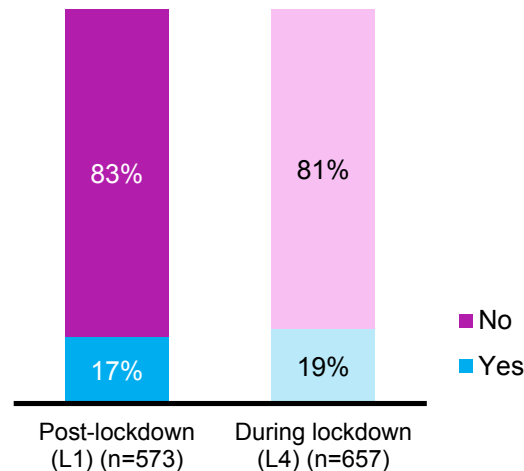


Base: Those who smoke (daily or less often)

Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since level 4 lockdown, have you started to worry at all about...

WORRIED ABOUT SOMEONE ELSE'S CIGARETTE SMOKING IN YOUR HOUSEHOLD



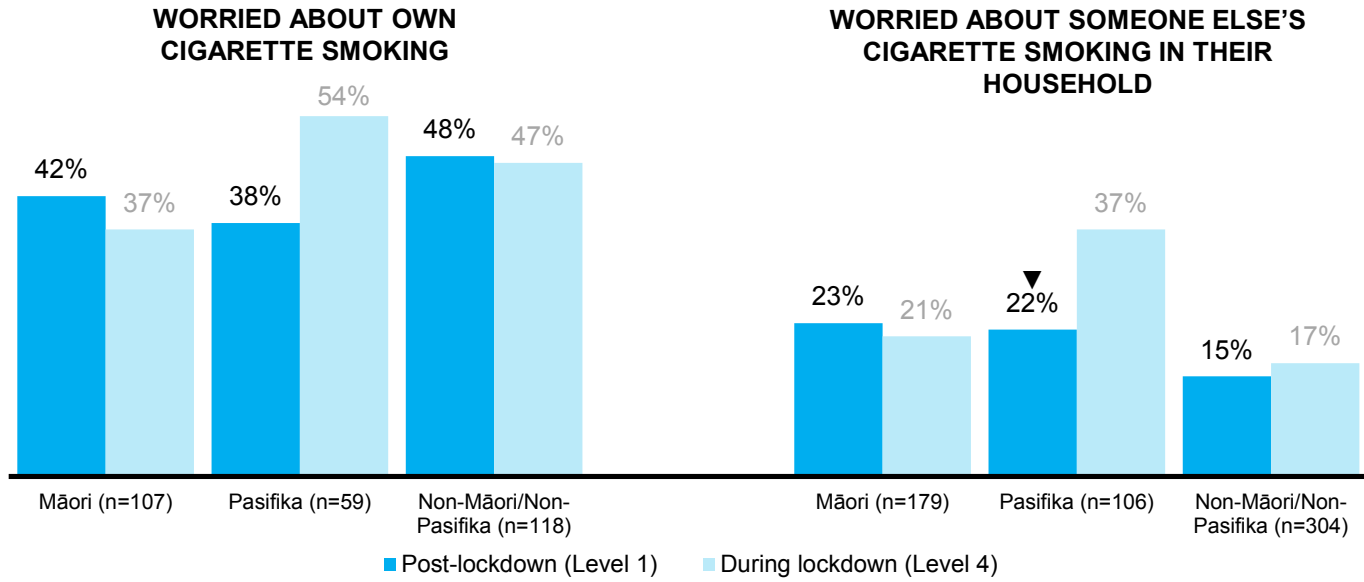
Base: All respondents (Excluding Not applicable - no one in my household smokes)

Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since level 4 lockdown, have you started to worry at all about...

▲ ▼ significantly different to Level 4 results

LEVELS OF CONCERN ABOUT SMOKING HAVE REDUCED AMONG PASIFIKA, SINCE COMING OUT OF LOCKDOWN



Note: some sub-groups have very small sample sizes, these results should be treated with caution

▲ ▼ significantly different to sub-groups' Level 4 results

Base: Those who smoke (daily or less often)

Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

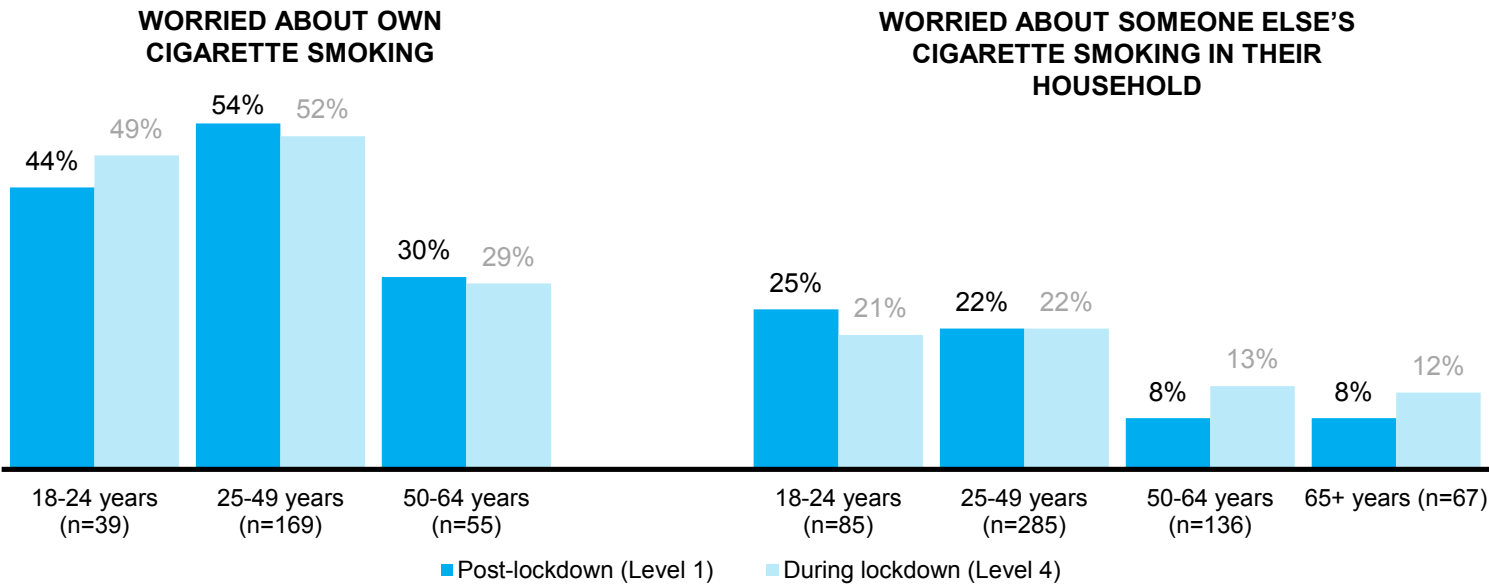
Level 4: Since level 4 lockdown, have you started to worry at all about...

Base: All respondents (Excluding Not applicable - no one in my household smokes)

Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...

Level 4: Since level 4 lockdown, have you started to worry at all about...

LEVELS OF CONCERN ARE CONSISTENT PRE AND POST LOCKDOWN WITHIN AGE-GROUPS



Note: some sub-groups have very small sample sizes, these results should be treated with caution. Results are not shown for those aged 65+ who are worried about their smoking, due to small numbers.

▲ ▼ significantly different to sub-groups' Level 4 results

Base: Those who smoke (daily or less often)
 Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

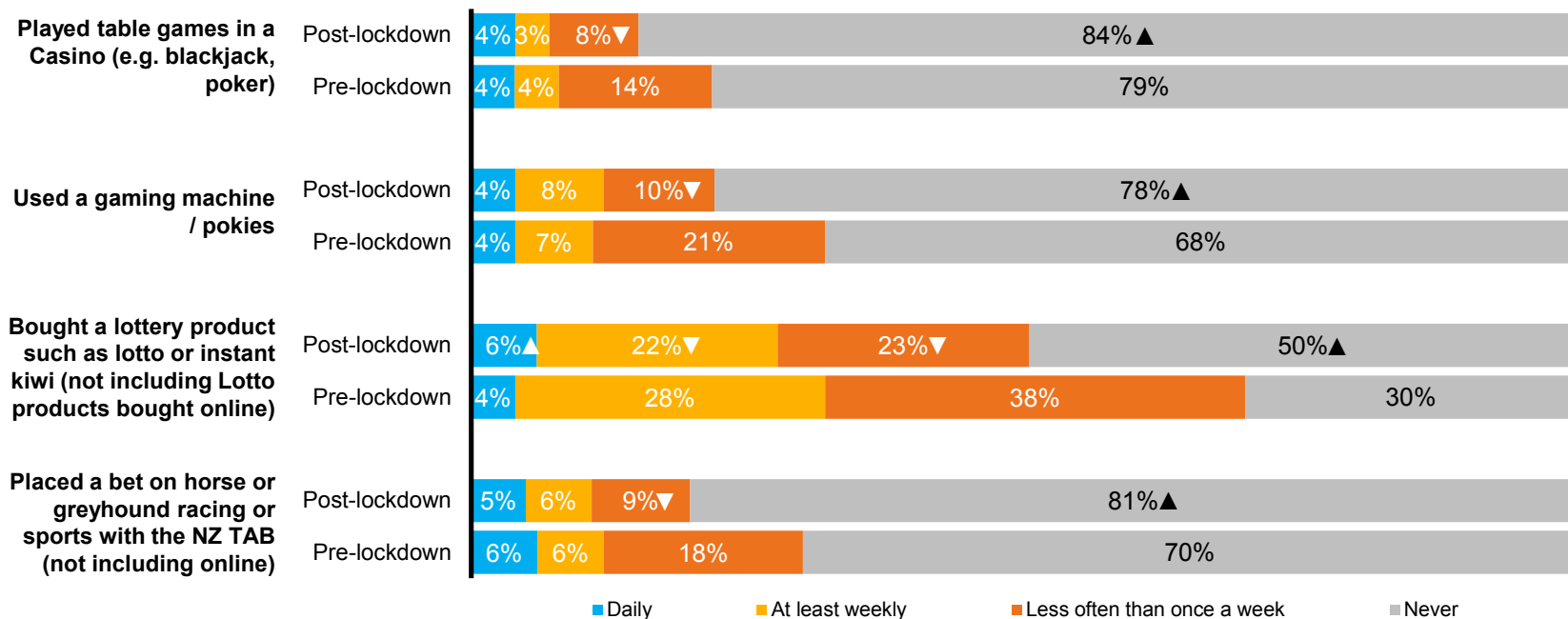
Base: All respondents (Excluding Not applicable - no one in my household smokes)
 Q11. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

SECTION 3: GAMBLING

RESPONDENTS WHO GAMBLE REPORT GAMBLING LESS AFTER LOCKDOWN

- After coming out of lockdown, fewer respondents reported gambling when compared with before lockdown:
 - Gambling online, 34% after lockdown compared with 39% pre-lockdown
 - Gambling in a Casino, 16% after lockdown compared with 21% pre-lockdown
 - Using a pokie machine, 22% after lockdown compared with 32% pre-lockdown
 - Buying lotto products, 50% after lockdown compared with 70% pre-lockdown
 - Betting at the NZ TAB, 19% after lockdown compared with 30% pre-lockdown.
- While fewer respondents report gambling online now compared with before lockdown, use of some online gambling sites has increased among those who do gamble online. For example, use of the Sky City online casino has increased among online gamblers (from 8% to 17%).
- Since coming out of lockdown, 11% of gamblers have started worrying about their gambling, a decrease from 17% during lockdown.

RESPONDENTS APPEAR TO BE GAMBLING LESS POST-LOCKDOWN ACROSS ALL TYPES OF GAMBLING, COMPARED TO PRE-LOCKDOWN



Base: All respondents (n=925)

Q34. Before New Zealand went into lockdown with COVID-19, how often on average would you have done each of the following...

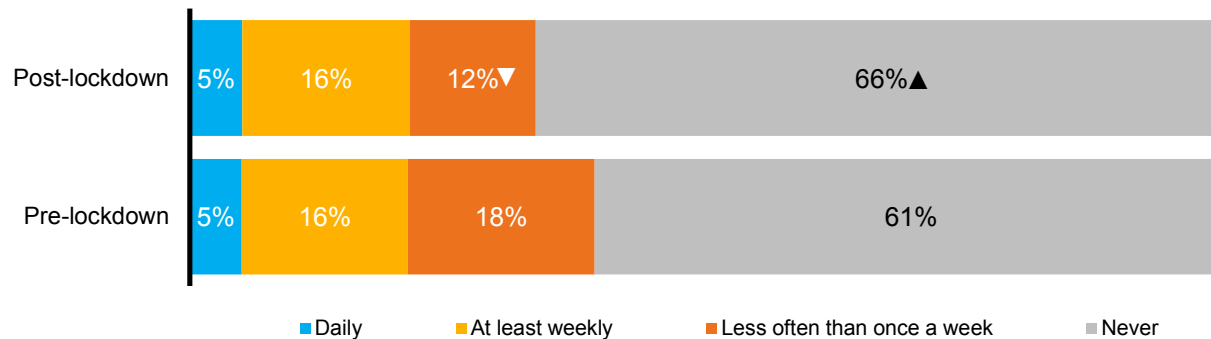
Q35. And, how often have you done each of the following in the last two weeks

Note: These questions were not asked at Level 4 and were added to the survey conducted at Level 1

▲ ▼ significantly different to pre-lockdown results

FEWER RESPONDENTS INDICATE THEY HAD GAMBLED ONLINE IN THE LAST 2 WEEKS COMPARED WITH PRE-LOCKDOWN

GAMBLED ONLINE (INCLUDING TAB, MYLOTTO AND OTHER ONLINE GAMBLING)



Base: All respondents (n=925)

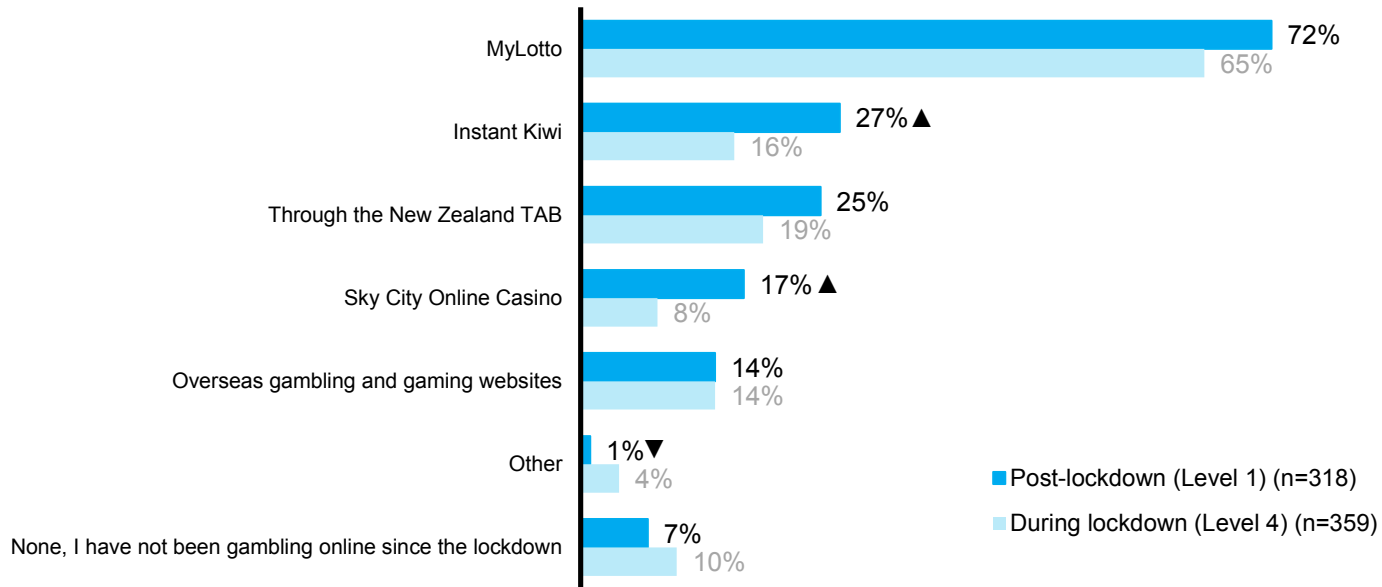
Q34. Before New Zealand went into lockdown with COVID-19, how often on average would you have done each of the following...

Q35. And, how often have you done each of the following in the last two weeks

Note: These questions were not asked at Level 4 and were added to the survey conducted at Level 1

▲ ▼ significantly different to pre-lockdown results

ONLINE GAMBLERS' USE OF SOME ONLINE GAMBLING SITES HAS INCREASED AFTER LOCKDOWN



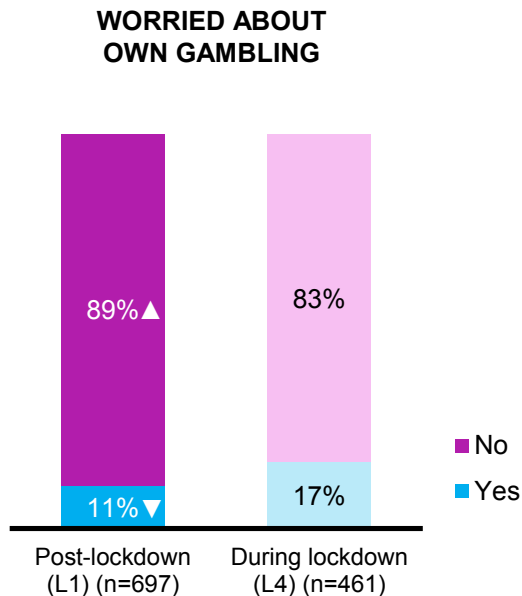
Base: Those who gamble online (n=318)

Q114. Level 1: In which of the following ways have you been **gambling online** over the last 2 weeks?

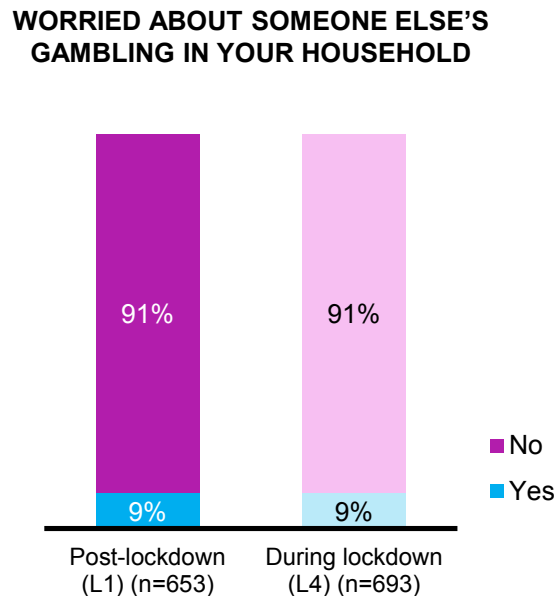
Level 4: In which of the following ways have you been gambling online since Level 4 lockdown?

▲ ▼ significantly different to Level 4 results

SINCE COMING OUT OF LOCKDOWN, 11% OF GAMBLERS HAVE STARTED WORRYING ABOUT THEIR GAMBLING, A DECREASE FROM 17% DURING LOCKDOWN



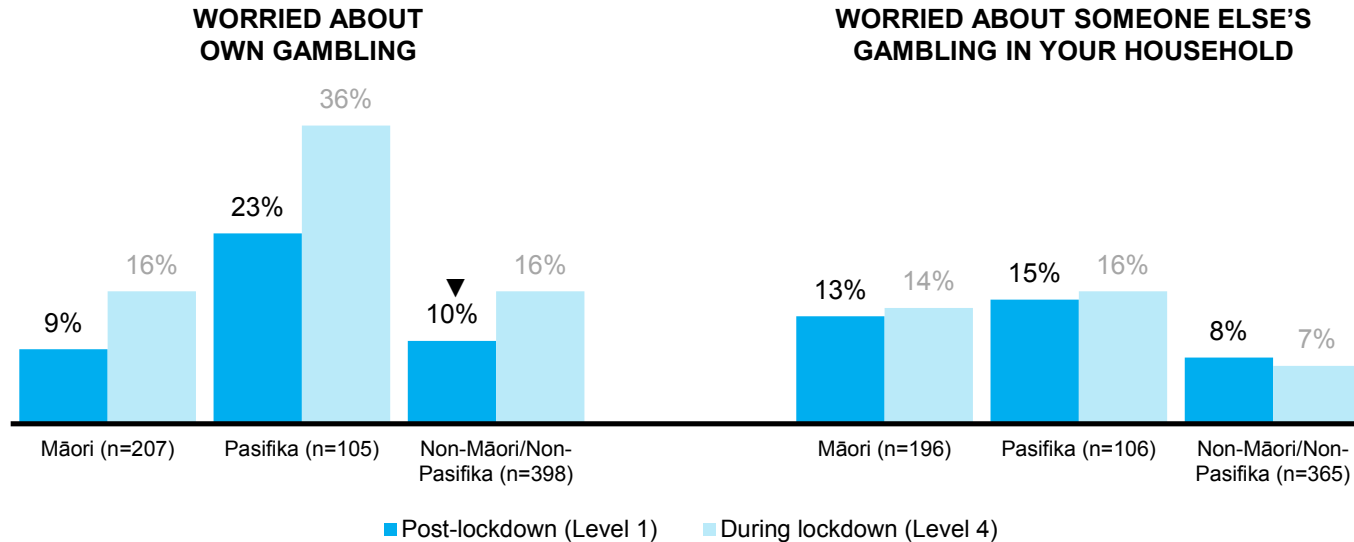
Base: Those who gamble
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...



Base: All respondents (Excluding Not applicable - no one in my household gambles)
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

▲ ▼ significantly different to Level 4 results

CONCERN ABOUT OWN GAMBLING REMAINS HIGHEST AMONG PASIFIKA

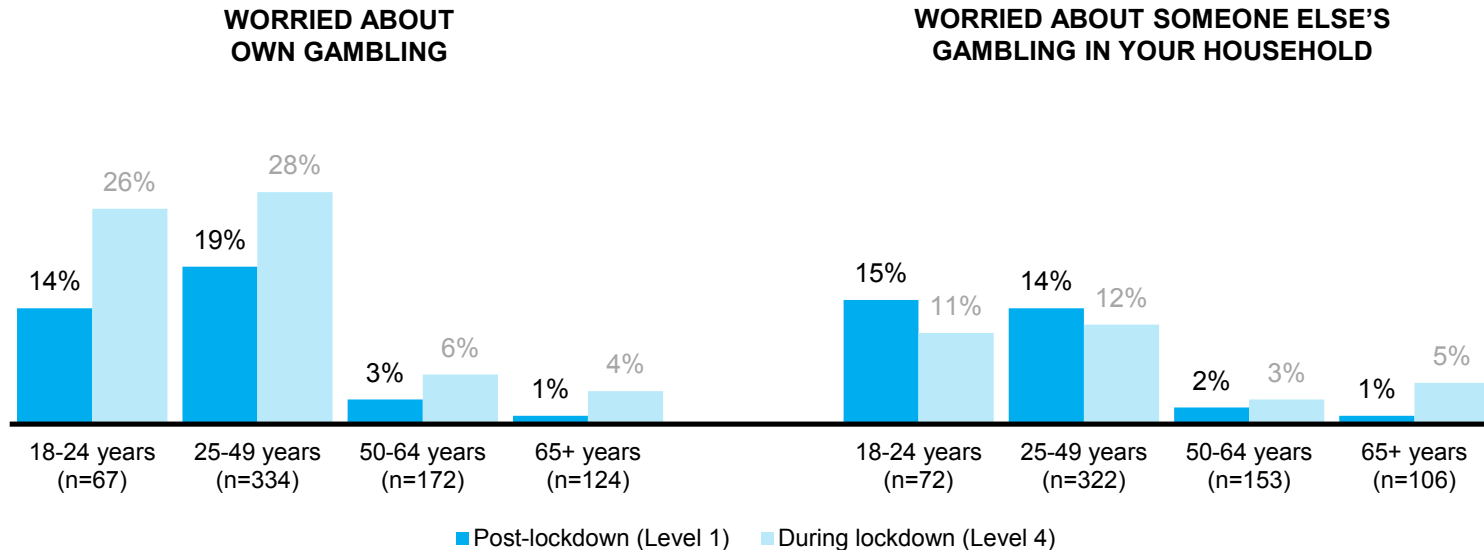


▲ ▼ significantly different to sub-groups' Level 4 results

Base: Those who gamble
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

Base: All respondents (Excluding Not applicable - no one in my household gambles)
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

LEVELS OF CONCERN ABOUT OWN GAMBLING HAVE DECREASED ACROSS ALL AGE GROUPS



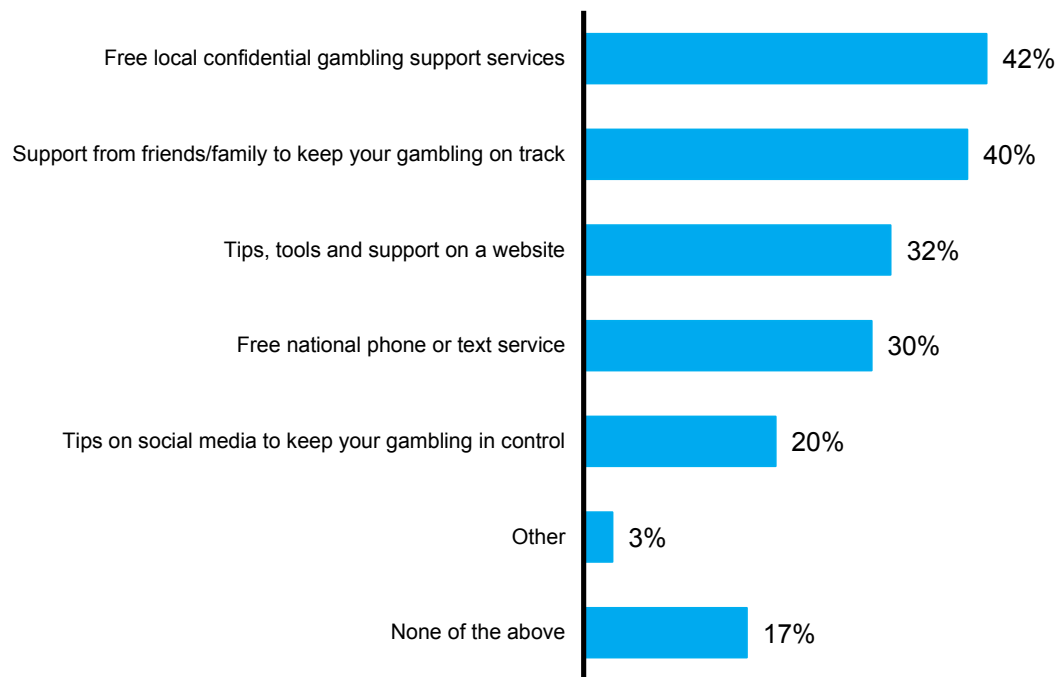
Note: some sub-groups have very small sample sizes, these results should be treated with caution

▲ ▼ significantly different to sub-groups' Level 4 results

Base: Those who gamble
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

Base: All respondents (Excluding Not applicable - no one in my household gambles)
 Q117. Level 1: At any time in the last 2 weeks, have you started to worry at all about...
 Level 4: Since level 4 lockdown, have you started to worry at all about...

WHERE RESPONDENTS WOULD SEEK SUPPORT IF CONCERNED ABOUT GAMBLING



Base: Gamblers (n=697)

Q37. If you wanted to keep your gambling under control, which, if any, of the following supports would you find useful?

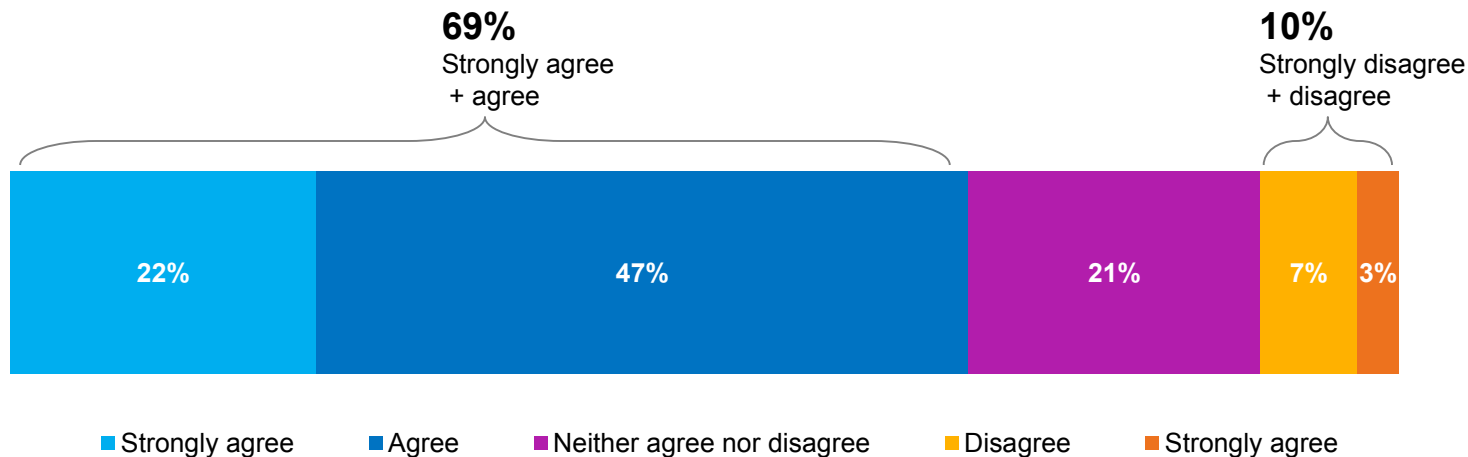
Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

SECTION 4: MENTAL HEALTH AND WELLBEING

LOCKDOWN HAS HAD A SIGNIFICANT IMPACT ON WELLBEING

- Fewer respondents are experiencing severe symptoms of depression or anxiety since coming out of lockdown (5% compared with 8% during lockdown). However, the proportion experiencing moderate to severe symptoms remains the same (16%).
- The proportion of moderate to severe symptoms has increased among 18-24 year olds, from 22% during lockdown to 30% post-lockdown. A higher proportion of this age group also do not feel able to cope with everyday stresses since lockdown (17% compared with 10% of all respondents).
- A higher proportion of Māori report that they are struggling to cope with everyday stresses since lockdown (17% compared with 9% of non-Māori/non-Pasifika).
- 38% have experienced a loss or reduction in personal income due to COVID-19, while 46% say a household member has experienced a negative impact on their income.
- Those who have experienced a change in personal income due to COVID-19 (either an increase or decrease) are more likely to be experiencing moderate to severe symptoms of depression or anxiety.
- 83% of respondents recognised at least one positive outcome from lockdown, including more time for family, friends and activities, a heightened sense of community and renewed appreciation of life.

SEVEN IN 10 AGREE THEY CAN COPE WITH EVERYDAY STRESSES, WHILE 10% DISAGREE

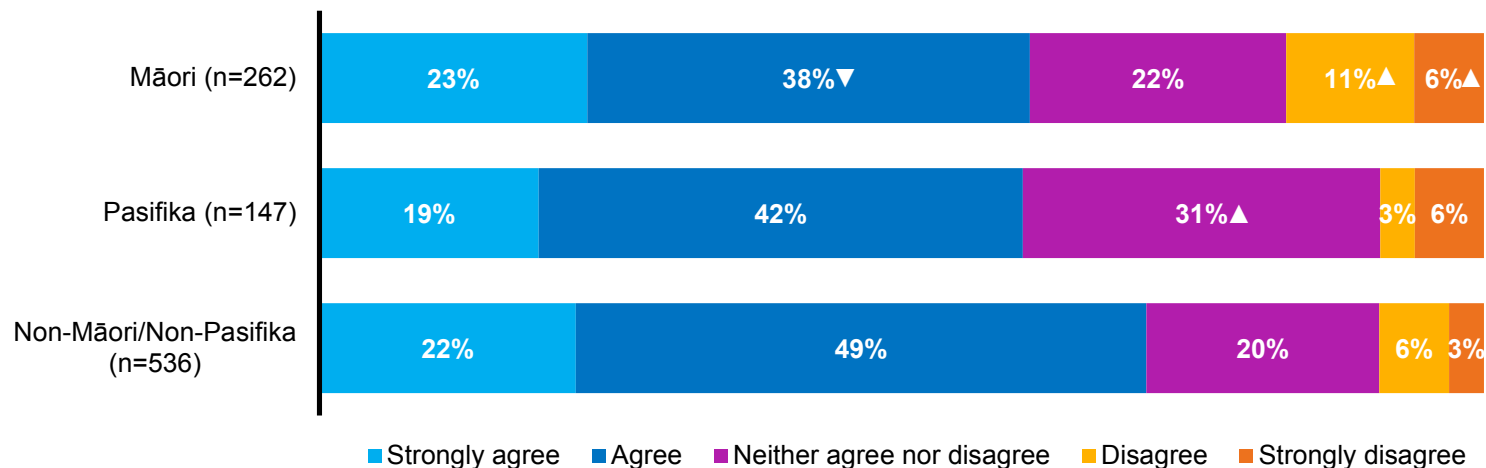


Base: All respondents (n=925)

Q38. How much do you agree or disagree with the following statement, 'I am able to cope with everyday stresses'

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

A HIGHER PROPORTION OF MĀORI (17%) ARE STRUGGLING TO COPE WITH EVERYDAY STRESSES



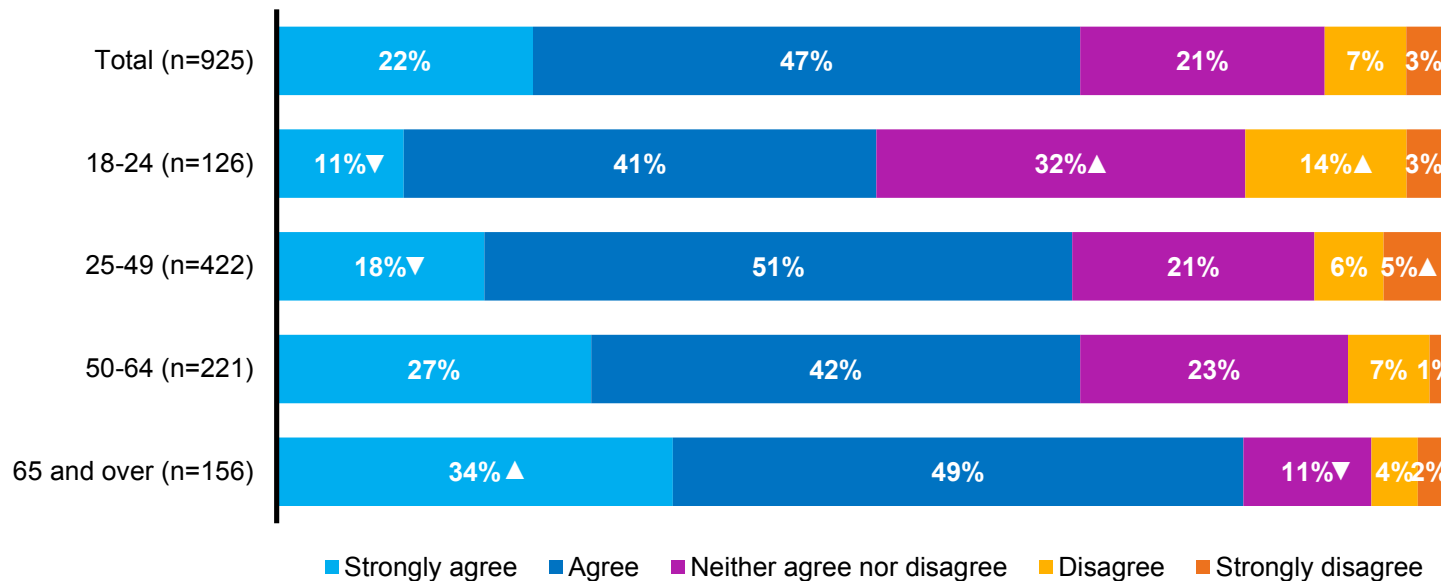
Base: All respondents (n=925)

Q38. How much do you agree or disagree with the following statement, 'I am able to cope with everyday stresses'

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

▲ ▼ significantly different to non-Māori/Pasifika results

YOUNGER PEOPLE ARE LESS ABLE TO COPE WITH EVERYDAY STRESSES



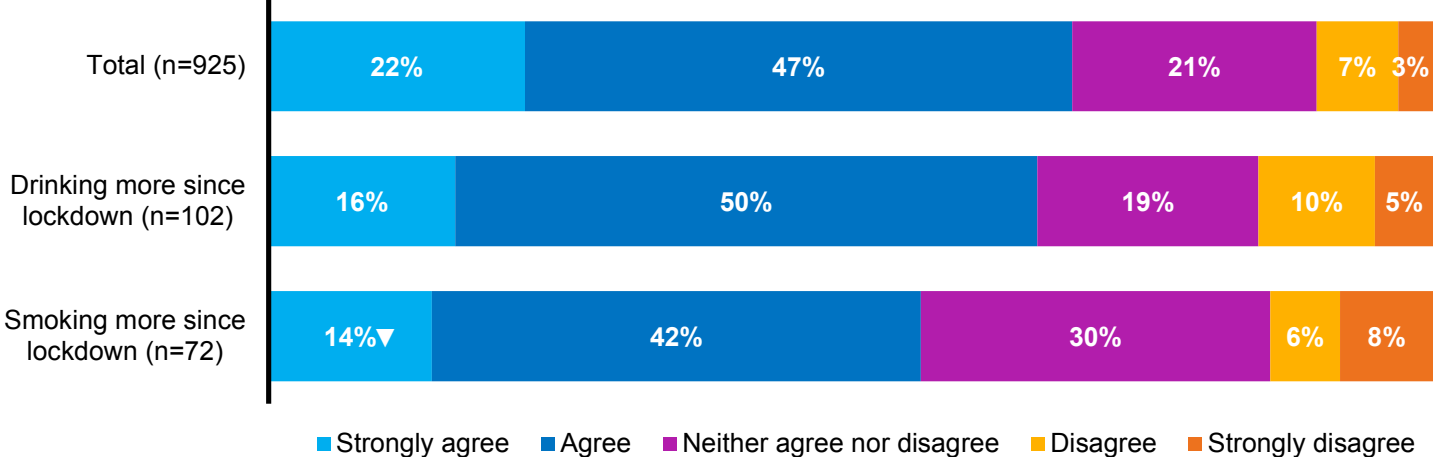
Base: All respondents (n=925)

Q38. How much do you agree or disagree with the following statement, 'I am able to cope with everyday stresses'

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

▲ ▼ significantly different to total results

15% OF THOSE WHO ARE DRINKING MORE AND 14% OF THOSE WHO ARE SMOKING MORE REPORT BEING UNABLE TO COPE WITH EVERYDAY STRESSES



Note: some sub-groups have very small sample sizes, these results should be treated with caution

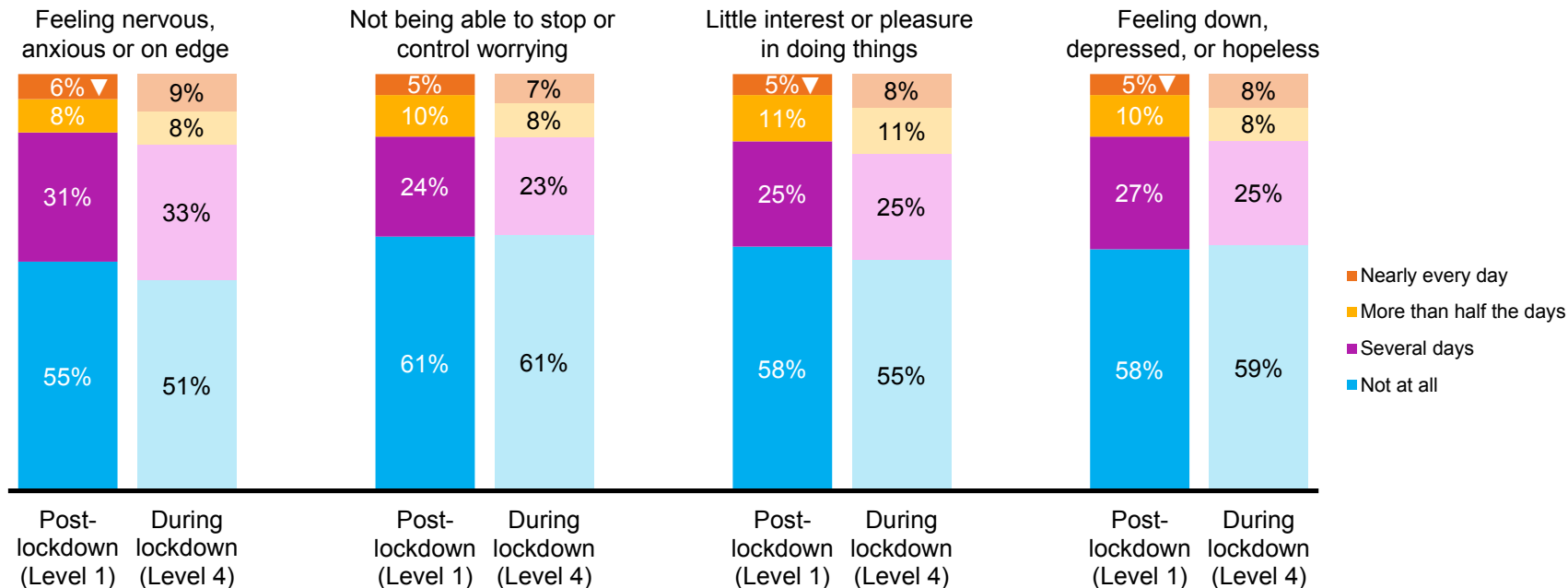
Base: All respondents (n=925)

Q38. How much do you agree or disagree with the following statement, 'I am able to cope with everyday stresses'

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

▲ ▼ significantly different to total results

SYMPTOMS OF DEPRESSION OR ANXIETY REMAIN SIMILAR TO THOSE EXPERIENCED DURING LOCKDOWN



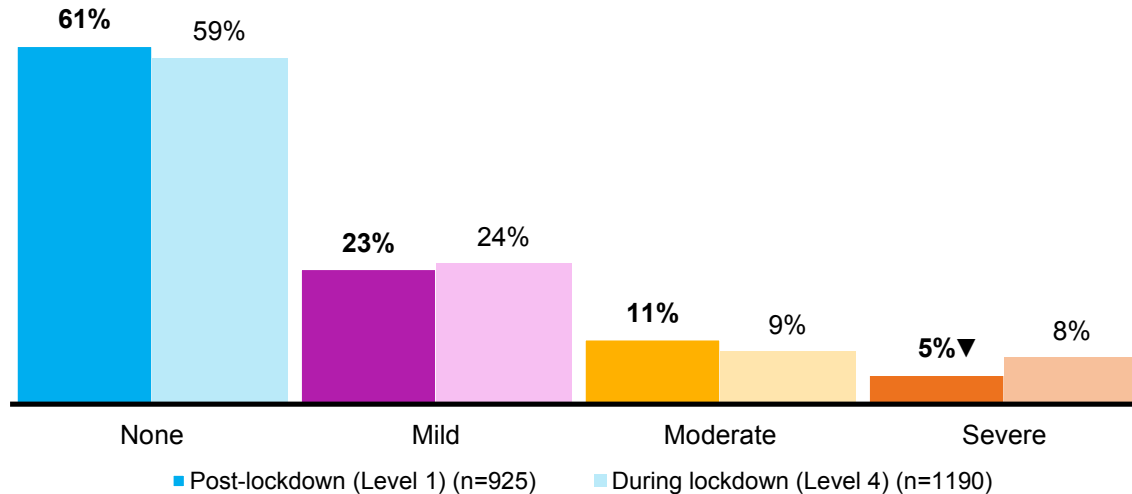
Base: All respondents (Level 1 n=925; Level 4 n=1190)

Q26. Level 1: In the last 2 weeks, how often have you been bothered by the following problems?

Level 4: Since Level 4 lockdown, how often have you been bothered by the following problems?

▲ ▼ significantly different to Level 4 results

WHEN COMBINED, FEWER RESPONDENTS REPORTED HAVING SEVERE SYMPTOMS OF DEPRESSION OR ANXIETY, COMPARED WITH DURING LOCKDOWN



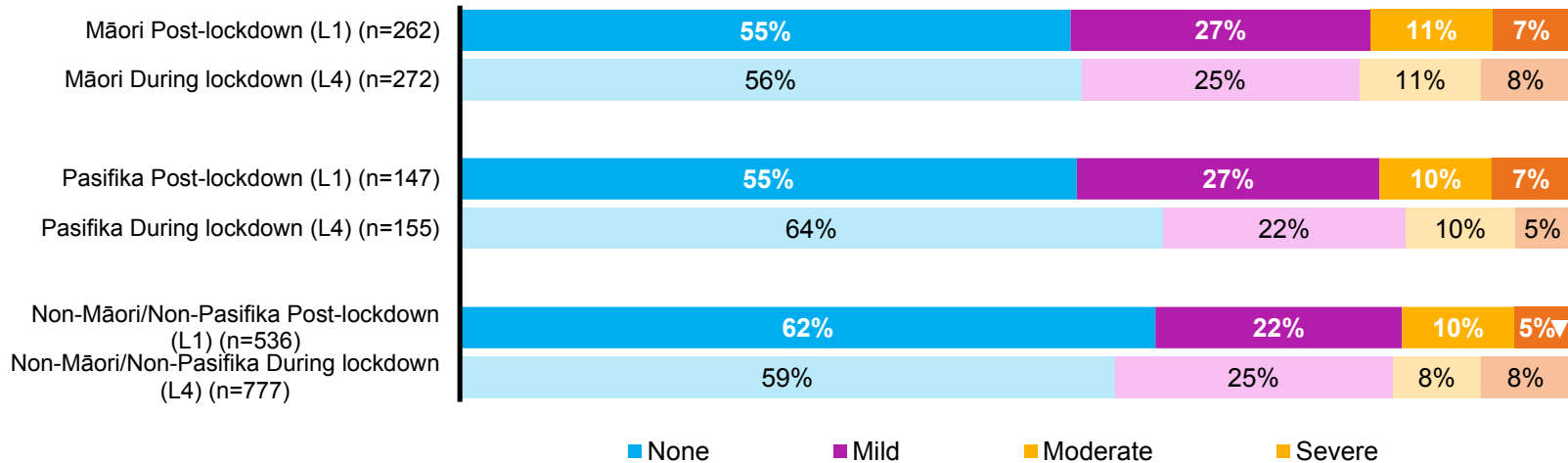
Base: All respondents (n=925)

Q26. Level 1: In the last 2 weeks, how often have you been bothered by the following problems?

Level 4: Since Level 4 lockdown, how often have you been bothered by the following problems?

▲ ▼ significantly different to Level 4 results

NON-MĀORI / NON-PASIFIKA RESPONDENTS HAVE SEEN A SIGNIFICANT REDUCTION IN THOSE EXPERIENCING SEVERE SYMPTOMS OF ANXIETY OR DEPRESSION



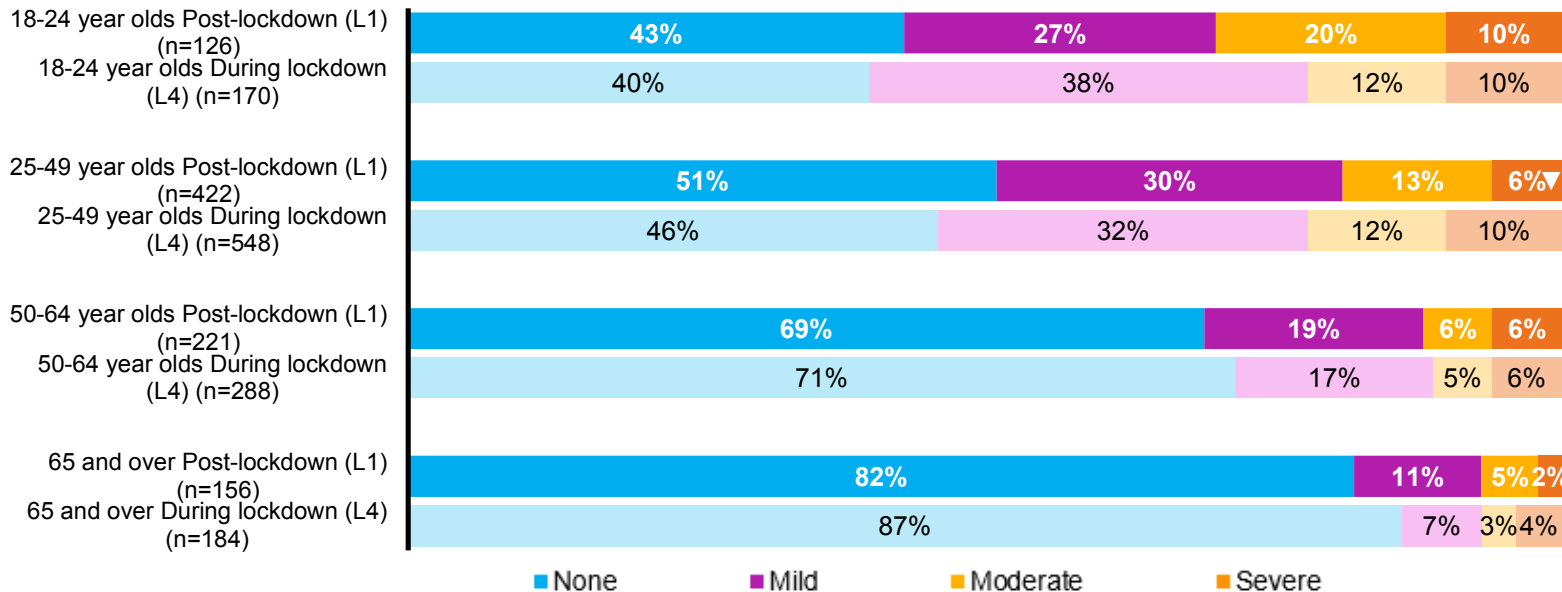
Base: All respondents

Q26. Level 1: In the last 2 weeks, how often have you been bothered by the following problems?

Level 4: Since Level 4 lockdown, how often have you been bothered by the following problems?

▲ ▼ significantly different to sub-groups' Level 4 results

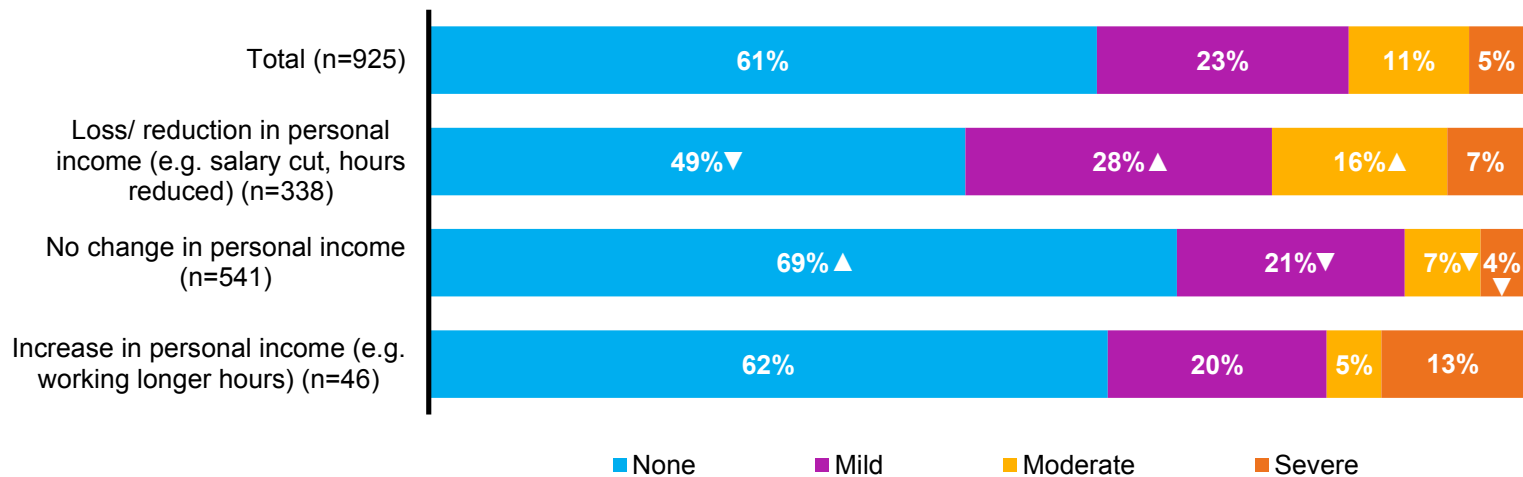
A HIGHER PROPORTION OF YOUNG PEOPLE (30%) ARE EXPERIENCING MODERATE TO SEVERE SYMPTOMS OF ANXIETY AND DEPRESSION



Base: All respondents (n=925)
 Q26. Level 1: In the last 2 weeks, how often have you been bothered by the following problems?
 Level 4: Since Level 4 lockdown, how often have you been bothered by the following problems?

▲ ▼ significantly different to sub-groups' Level 4 results

SYMPTOMS OF DEPRESSION OR ANXIETY ARE HIGHEST AMONG THOSE WHO HAVE EXPERIENCED A CHANGE IN THEIR PERSONAL INCOME AS A RESULT OF COVID-19



Note: some sub-groups have very small sample sizes, these results should be treated with caution

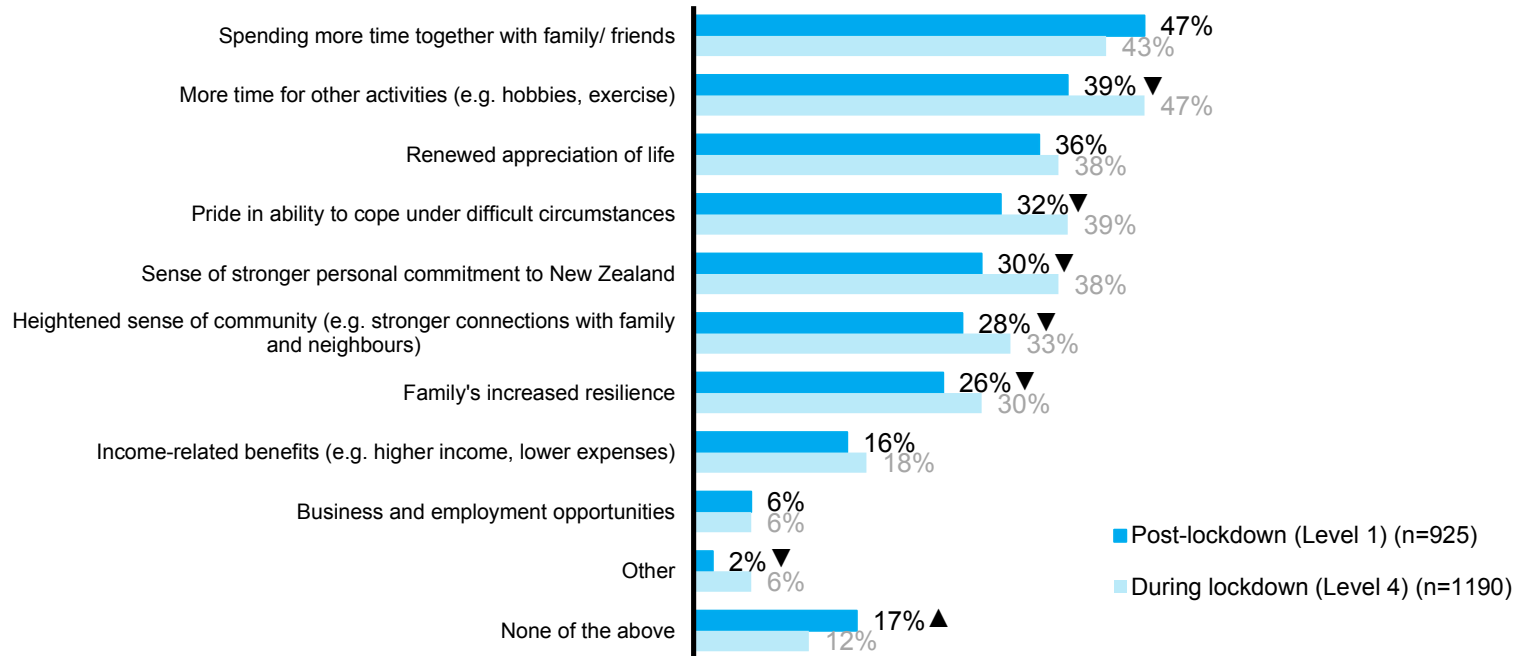
Base: All respondents (n=925)

Q26. Level 1: In the last 2 weeks, how often have you been bothered by the following problems?

Level 4: Since Level 4 lockdown, how often have you been bothered by the following problems?

▲ ▼ significantly different to total results

4 IN 5 RESPONDENTS RECOGNISE SOME POSITIVE OUTCOMES FROM LOCKDOWN, A SLIGHT DECREASE COMPARED WITH DURING LEVEL 4



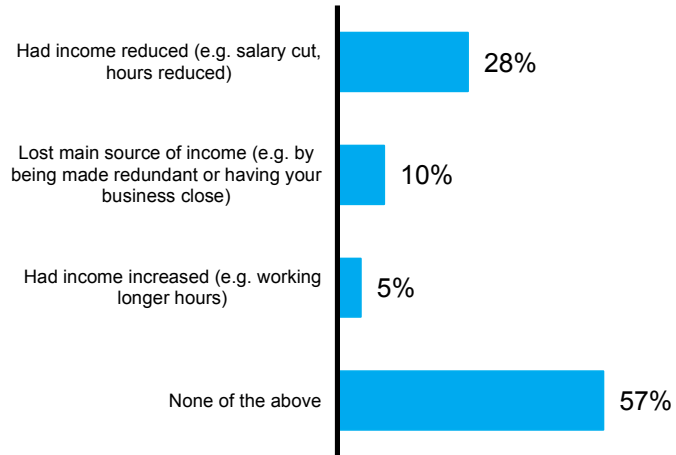
Base: All respondents (n=925)

Q27. Please indicate which, if any of these, you are experiencing since New Zealand went to Level 4 lockdown?

▲ ▼ significantly different to Level 4 results

38% OF RESPONDENTS HAVE SEEN A LOSS OR REDUCTION IN PERSONAL INCOME AS A RESULT OF COVID-19

PERSONAL INCOME

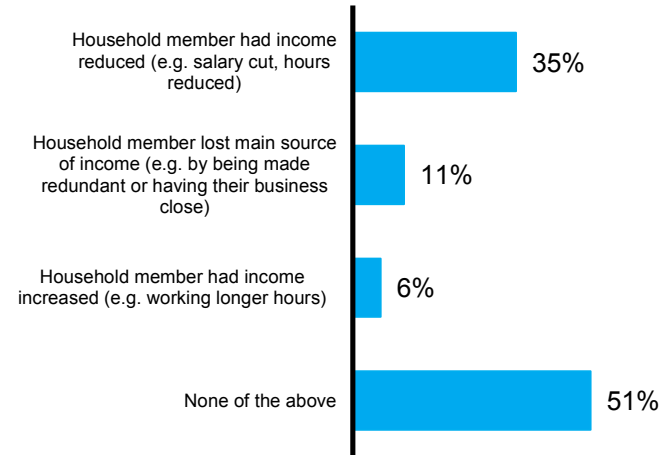


Base: All respondents (n=925)

Q28. Has any of the following happened to **you** as a result of COVID-19?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

HOUSEHOLD MEMBER INCOME

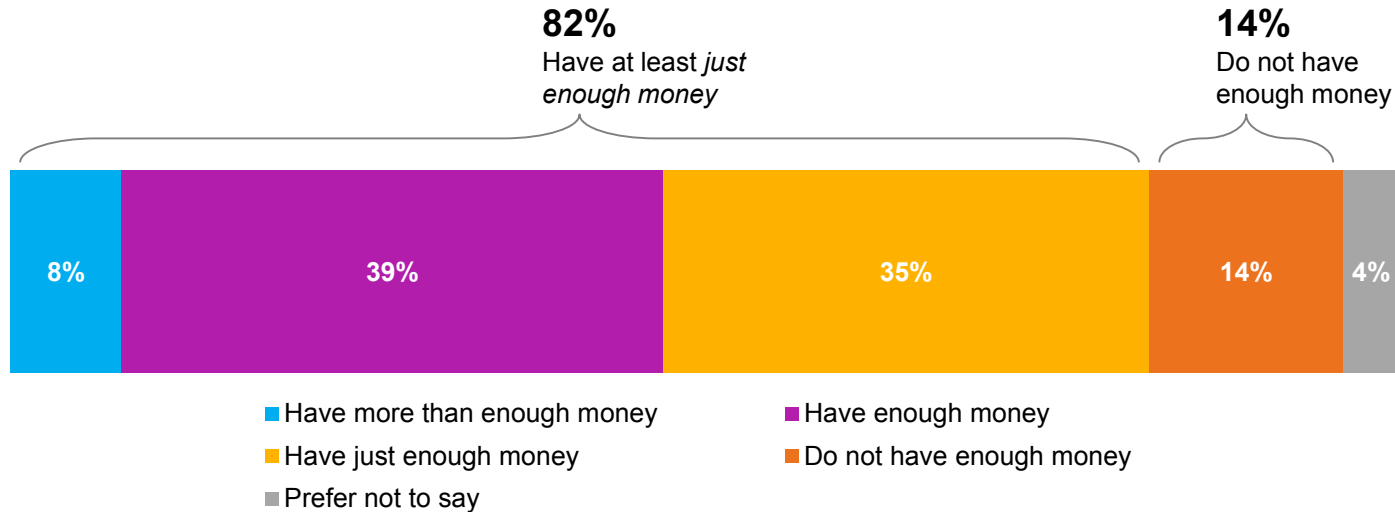


Base: All respondents (Excluding not applicable) (n=750)

Q40. Has any of the following happened to **a household member** as a result of COVID-19?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

1 IN 7 RESPONDENTS REPORTED THAT THEY DID NOT HAVE ENOUGH MONEY TO MEET THEIR EVERYDAY NEEDS

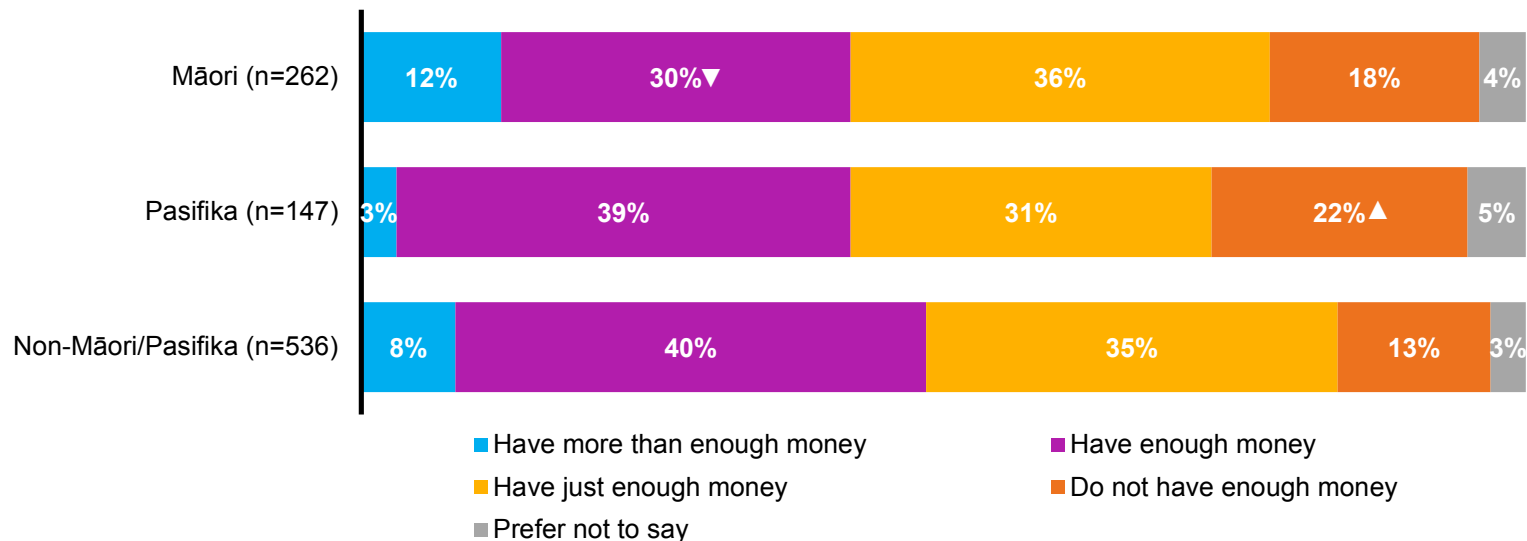


Base: All respondents (n=925)

Q41. Which of the following best describes how well your total income (from all sources) meets your everyday needs for things such as accommodation, food, clothing and other necessities?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

PASIFIKA RESPONDENTS WERE SIGNIFICANTLY MORE LIKELY TO NOT HAVE ENOUGH MONEY TO MEET THEIR EVERYDAY NEEDS



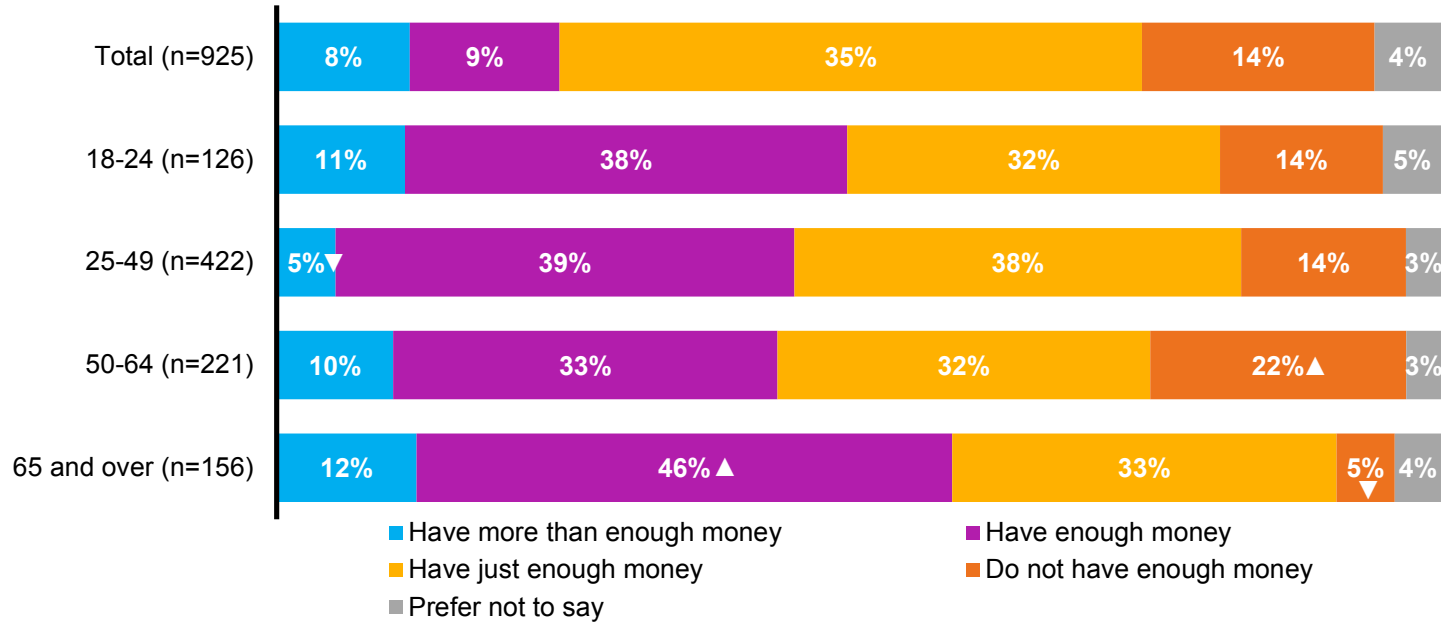
▲ ▼ significantly different to non-Māori/Pasifika results

Base: All respondents (n=925)

Q41. Which of the following best describes how well your total income (from all sources) meets your everyday needs for things such as accommodation, food, clothing and other necessities?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

THOSE AGED 50-64 YEARS ARE MOST LIKELY TO REPORT NOT HAVING ENOUGH MONEY TO MEET THEIR EVERYDAY NEEDS



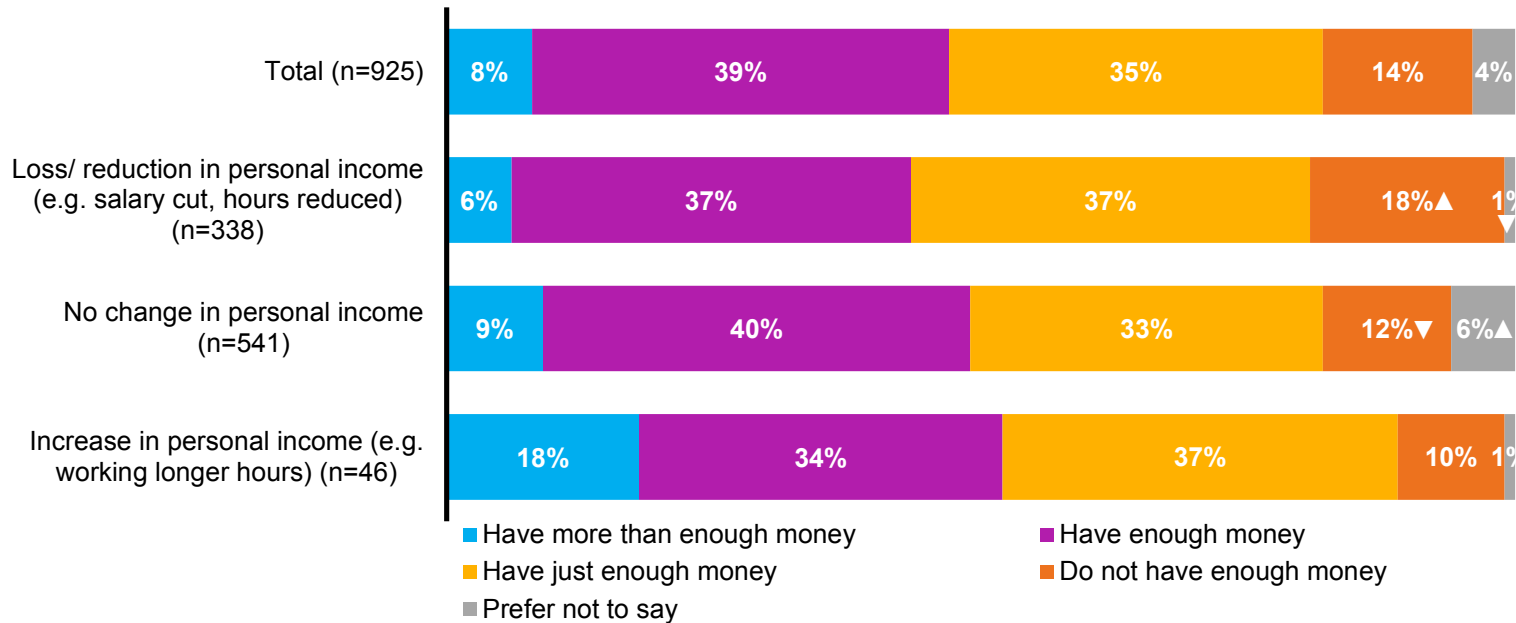
▲ ▼ significantly different to total results

Base: All respondents (n=925)

Q41. Which of the following best describes how well your total income (from all sources) meets your everyday needs for things such as accommodation, food, clothing and other necessities?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

ALMOST A FIFTH OF THOSE WHO HAVE HAD A LOSS OR REDUCTION IN PERSONAL INCOME DO NOT HAVE ENOUGH MONEY TO MEET THEIR EVERY DAY NEEDS



Note: some sub-groups have very small sample sizes, these results should be treated with caution

▲ ▼ significantly different to total results

Base: All respondents (n=925)

Q41. Which of the following best describes how well your total income (from all sources) meets your everyday needs for things such as accommodation, food, clothing and other necessities?

Note: This question was not asked at Level 4 and was added to the survey conducted at Level 1

The image features the Nielsen logo centered on a vibrant blue background with a dynamic, wavy, 3D-like texture. The logo consists of the word "nielsen" in a white, lowercase, serif font. Below the text is a horizontal line of eight white dots, with the first dot positioned under the 'i' and the last dot under the 'n'.

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